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January 1, 2006 Volume 6 Number 2 Serving Lake Hughes, Elizabeth Lake, Leona Valley, Green Valley, 3 Points, Neenach and Quartz Hill

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Water Rates May Rise

What Happened to Lake Hughes' Fire Hydrants?

By Dahlia Grossman

In February, California Water Service will go before the Public Utilities Commission with a request for rate increases. These rate hikes - if approved - will affect residents of Lake Hughes and Leona Valley.

At the November meeting of the Leona Valley Town Council, the council resolved to join with the Cherry Growers Association to send three representatives to the

February hearing to fight the proposed increase.

Leona Valley has asked Lake Hughes Town Council to join the fight and to contribute towards the expense of sending these people to San Francisco.

A representative of Cal Water will address residents at the January 7 meeting of the Lakes Town Council to explain why these increases are necessary and how we will benefit from

them.

Early in 2004, Cal Water advised Lake Hughes residents that they had budgeted money to upgrade our water mains and install fire hydrants. In the September 1, 2004 issue of the Mountain Yodeler, we printed an article titled "Lake Hughes to Get Fire Hydrants" (see page 41 for a reprint of that article.) Since that time, little or no progress has been made on this dangerous problem.

California Water Service has repeatedly put our project on the back burner, saying that emergencies, such as the floods of 2005, took precedence.

Now Cal Water is asking us to absorb another rate increase - this time a whopping 40%!

See Water Rates, page 2



Photo: Tom Joynt of Lake Elizabeth and Lu Bole of Green Valley were chosen from the audience of Sister's Late Night Catechism to be part of the Nativity scene on Thursday, December 8.

Car/Identify Theft Reported in Green Valley

By Lu Bole, senior staff writer

A Green Valley resident went outside on the evening of December 1 to find that his 1994 Toyota Camry had been stolen right from his driveway. Ray Bienapfl, the owner of the car, was home at the time of the theft, but was unaware that it had happened until he went out to get some dinner at Heart 'N Soul, and saw that his vehicle was gone. (See photo below)

The investigating police officer discovered that several other vehicles on his street, not one of the "major" streets in the town, had also been ransacked, and cash, checks, credit cards, a photo tripod, a backpack, a five-gallon water container, a CB radio, and several other items were missing.

See Car/Identify Theft, page 2



This car, belonging to Ray Bienapfl of Green Valley, was stolen from his driveway and vandalized. Bole photo.

Drug Rehab Center Hearing January 4

Conditional Use Permit 04-023 and Oak Tree Permit 200500045

Notice is hereby given that the Planning Commission will conduct a public hearing concerning this land use proposal on Wednesday, January 4, 2006 at 9 a.m. in Room 150, Hall of Records, 320 West Temple Street, Los Angeles, California. Interested persons will be given an opportunity to testify.

Conditional Use Permit Request: To authorize a residential drug and alcohol treatment facility for 66 adults. The project includes the conversion and upgrading of the existing structures for adult residential usage for both staff and clients. The proposal also includes parking for 29 vehicles.

Oak Tree Permit Request:

To authorize the removal of three oak trees and the encroachment upon five oak trees.

Location: The subject property is located at 36491 Bouquet Canyon Road (near Spunky Canyon Road).

See Drug, pages 3 and 26.

Deadline for Feb. issue: Jan. 15

STORIES, ADS, PHOTOS

Send articles, photos and ads and payments to dahlia.grossman@verizon.net or mail to P.O. Box 444, Lake Hughes, CA 93532.

Got a story?

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Call 724-1293 or 965-2201 or send to above email address.

Complaints about the paper: Call Norm Judd at 478-2842.

Are You Taking the Yodeler for Granted?

Do you enjoy reading the Mountain Yodeler? Do you feel that it keeps you informed of important news and social events in our communities?

Out of the approximately 2300 households in the Lakes and Valleys Communities, only about 100 have ever made a donation towards the Yodeler's expenses.

In January, both printing and postage rates will go up again and the editor is asking for your support to keep this paper going.

If each household donated only \$5, it would ALMOST pay for the printing costs for next year.

If you can help (or want to send more) please mail your donation to Dahlia Grossman, P.O. Box 444, Lake Hughes, CA 93532.

I appreciate your support.
 The Editor

Water Rates

from page 1

Some Lakes residents don't mind paying the higher rates if it means we are going to get hydrants and new water mains. But will it ever happen or will we just get more promises and excuses?

Lake Hughes residents need to decide whether to support or fight the increases.

The Lakes Town Council wants to know what you think. Please attend the meeting at 8:30 a.m. on Saturday, January 7 and let your voice be heard.

Car Stolen/Vandalized

from page 1

When the word went out, a "telephone fan" sent the news flashing to residents, urging them to either put their vehicles inside the garage, or at least make sure that they were locked.

Ray's vehicle was found in Lancaster a couple of days later, at the corner of Avenue J and Challenger Way, and it had been vandalized so badly that it is a total loss (see photo, page 1). The back window was broken out, headlights were broken, and it had been backed with great force into a telephone-pole-sized object, completely wrecking it. It is particularly heartbreaking to Ray, because he had taken such good care of the car, and it was in exceptionally good condition.

In addition to the destruction of his car, Ray reported that the stolen credit cards had been used; he has since cancelled them.

It is unknown at this time if the thieves were from out of town or residents of Green Valley. An investigation is going on at this time.

A word to the wise: keep your vehicles locked or secured inside a garage, and make sure that your insurance is up to date and enough to cover any losses such as this one has been for Ray.

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At that time, a decision will be made whether or not the Lakes will oppose the rate hike and, if we do oppose it, whether our town council will contribute towards Leona Valley's expenses.

Vandals Hit Little League Park

By Norm Judd
senior staff writer

Vandalizing a Little League facility is on a level with stealing from a church poor-box, but that's what happened at The Lakes ball park over the past few months.

The club's president, Chuck Turner, told The Mountain Yodeler, "Vandals have painted graffiti on one of our advertiser's signs and defaced another sign specifying rules at the field. A door was also torn from a storage shed. We are trying to attract kids to baseball and it doesn't help to have to deal with this."

Vandalism over \$400 is a felony. Resident Deputy Bill Axelrod asked that anyone with information contact him at 267-4300.

See photos at right.

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Husband Arrested for Spousal Assault

By Norm Judd
senior staff writer

A Lake Hughes man, 25, was arrested Saturday, December 10 after allegedly assaulting his estranged wife in Lake Hughes.

According to reports, LASD deputies M. Llaury and D. DuBois responded to the

vicinity of Lake Elizabeth Road and Trail K at midnight Saturday to investigate an assault.

The female victim, 35, told deputies that after she had her husband of two years served with a restraining order, he saw her near the Rock Inn and assaulted her with his fists. When a bystander tried to shield her, the suspect struck him several times and then brandished a knife when other men approached.

The suspect fled but was arrested later at his home for spousal assault, battery, and brandishing a deadly weapon. Several guns were seized and he was booked at Lancaster Station. His bail was set at \$50,000.

The victims declined medical treatment for their injuries.

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Drug Rehab Center from page 1

These cases do not affect the zoning of surrounding property.

A Negative Declaration has been recommended for this project per the California Environmental Quality Act reporting requirements.

Case materials, including the environmental documentation, are available for review at the Quartz Hill Library, 42018 N. 50th Street West, 943-2454.

Additional information may be obtained by telephoning Mr. James Bell at (213) 974-6443 between 7:30 a.m. and 6 p.m., Monday through Thursday. Callers from the North County may dial 661-272-0964 (Antelope Valley) or 253-0111 (Santa Clarita) toll free and then request a connection to 974-6443.

Please see related articles on pages 5 and 26.

Little League Seeks Players

By Chuck Turner

We invite all boys and girls from ages 5-12 to come, have fun and play baseball. Lakes Little League Baseball registration will be on January 7, 14, 21, and 28 at the Greenside Grill. There will be an opening ceremony, picture day, closing ceremony, trophies, etc.

NO REGISTRATIONS AFTER JANUARY 31.

Also, anyone seen defacing the league's property should be reported to the league's president, Chuck Turner, immediately at 661-724-9060. For further information, call Chuck Turner at 661-724-9060, or 661-609-1923.



The entrance to Ritter Ranch along Elizabeth Lake Road. Photo: Chuck Crandall.

Ranch-Style Homes Approved for Ritter

The City of Palmdale has approved the Planned Development Permit Application recently submitted by SunCal Companies for the Ritter Ranch project. (See December Yodeler, page 1.)

"We are now negotiating contracts with builders for the first 500 homes," said Teresa Sousa, vice president of forward planning, at the December 11 meeting of the Leona Valley Town Council.

"We will close escrow on the first ones in March or April. The sewer will take about four months; the actual building of the homes will take three to four months," she said. Sousa said the first homes will probably be finished in January 2007.

Sousa told the council

that SunCal is about to close escrow on the northern portion of Messer Ranch, which is surrounded by Ritter Ranch. According to Sousa, SunCal intends to use the land for expansion of the planned golf course.

At the same council meeting, landscape architects Pat Murphy and Mike Mann showed some of the proposed embellishments of the development, such as a possible covered bridge, bike and horse trails and a rose arbor. "Leona Valley has no much natural beauty," said Murphy. "Our goal is to work with what nature has given us," he said.

Leona Valley resident Chuck Crandall represented the Mountain Yodeler on a

guided tour of the development on December 13.

"The tour was very good because it gave a better perspective of what they meant by having a theme from community to community," said Crandall.

"From the top of the mountain you can see that each housing development phase has separation by hills that hide one from the other.

Steve Sammartano, construction manager, gave the tour presentation and was able to explain how the various phase tie together (see photo).

The area of most interest to Leona Valley is the west end. As Teresa Sousa put it, "SunCal is trying to present a respectful buffer to Leona Valley." She also pointed out that the Ritter Plan is unique, with no other like it in California," he said.



Steve Sammartano, construction manager of the Ritter Ranch project. Crandall photo

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Curves Members Keep on Giving

By Diane Maxey

Curves-Acton and Curves-West Palmdale raised \$9,333 for the American Cancer Society's Relay for Life held in Lancaster at the Antelope Valley Community College in October 2005.

Leading Curves' fundraising effort again this year was Curves employee Casey Lance. Casey encouraged Curves' owner, Diane Maxey, to become a sponsor last year and went on to spur the Acton and West Palmdale Curves to raise almost \$12,000 in 2004.

This year, however, a stunning event made Curves' participation in the Relay even more personal. In August, Casey was diagnosed with cancer for the second time.

She underwent surgery and recuperated just in time for the Relay. Casey credited her quick recovery to early detection, extraordinary medical care, and her increased physical strength as a result of exercising at Curves.

Casey and three other cancer survivors, all Curves members, graced the front page of the local newspaper on Relay weekend.

Casey's enthusiasm and creativity spurred the Curves-Acton and West Palmdale clubs to create a special campsite at the Relay. As a result, Curves was awarded the Spirit of the Relay award by the American Cancer Society for 2005.

Curves-Acton and West Palmdale members also demonstrated their generosity by participating in the Gulf Coast relief effort after Hurricane Katrina.

Curves, International said it would match up to \$1,000 for each Curves

club that participated.

Curves-Acton and Curves-West Palmdale both raised \$1,000 each.

Overall, Curves donated \$3 million through the efforts of 2,700 franchisees and Curves, International.

And the generous giving of the local Curves members has not stopped.

Curves employee Amber Isaguirre suggested that the Curves clubs sponsor children as part of the United States Post Office's "Dear Santa" program.

As a result, 10 families were surprised by the generosity of Curves members. Owner Diane Maxey and manager Michelle Rodriguez were blessed to deliver the goods last year.

Diane's observation was: "The only reaction more gratifying than the wide eyes and broad smiles of the children were the tears of mothers who were grateful for the generosity of these Curves women."

This year, Curves-Acton and West Palmdale have taken in 12 families for Christmas.

And the members just keep on giving.

Photo: Casey Lance, Curves; Jedi Lobos, ACS Event Chair, Allison Pruit, ACS Community Develop Organizer, and Diane Maxey, Curves' Owner receive Spirit of the Relay award for 2005 for Lancaster.

For more information please call:
Diane Maxey, Owner
(661) 965-6436 (cell)
or
Michelle Rodriguez, manager
(661) 265-9444
or (661) 269-2693 (Curves)



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Letter to the Editor

Re Proposed Drug Rehab Center on Bouquet

Dear editor and neighbors:

Happy Holidays and Best Wishes for a Great New Year!

My name is Catherine Savage and I am the Director for the Narconon Drug Prevention, Education and Rehabilitation Center proposed for the Canyon Oaks Ranch at 36491 Bouquet Canyon Road. (Narconon means "no drugs" and is a drug-free, social education model.)

By now you may have seen the big signs announcing the Public Hearing scheduled for January 4, 2006 at 9 a.m. Seems like a good time to give you an update.

Our purpose is to provide a private health retreat which is an educational and life-skills program that serves voluntary public who want a peaceful and tranquil envi-

ronment free from drugs as they take back control of their lives.

We are a non-profit 501 (c), (3) secular (non-religious) organization. We are fee for service and not funded by or contracted to any government agency. We are not obligated to accept court-ordered cases. We make it our first priority to carefully screen all our applicants.

Narconon obtained a lease from the owner this year. We have simplified earlier plans and our request for a Conditional Use Permit now includes upgrades to code and some cosmetic and safety improvements to existing buildings. We are not adding any new buildings at this time.

This past year Mother Nature gave all of us quite a challenge! We lost one of our precious Oak trees to the

rain and floods. Our intention is to care for and respect the beautiful habitat of Canyon Oaks Ranch.

We fully support the County of Los Angeles Tree Ordinance and now have our Oak Tree Preservation Program which was accepted by The County of Los Angeles Fire Department, Forestry Division.

According to this program only one fallen dead Oak tree (lost due to the heavy rains last winter) and another severely damaged have been recommended for removal.

The remaining Oak trees will receive safety pruning and some cabling following these same guidelines. Currently, we are upgrading the plumbing, septic and sewage facilities of the property.

We have gotten to know our neighbors and communities through participating in Fire Safety Council meetings, various fundraisers for local charities and attending both

Green Valley and Leona Valley Town Council meetings.

We have been fortunate to become friends with various folks in the area.

Through this association and "getting to know you" process we have come to a much fuller appreciation for the care and responsibility of living in such a beautiful, natural setting.

Catherine Savage
Director

See related letter, pg 26.

Humor

1. Why is it called "after dark" when it really is "after light?"
2. Doesn't "expecting the unexpected" make the unexpected expected?
3. Why are a "wise man" and a "wise guy" opposites?
4. Why do "overlook" and "oversee" mean opposite things?
5. Why is "phonics" not spelled the way it sounds?

Three Arrested for Meth in Lake Elizabeth

By Norm Judd, senior staff writer

Three people were arrested for a variety of felony charges after checks stolen from a home in Lake Elizabeth were passed at Papa's Store in Lake Hughes and Spunky Canyon Store in Green Valley.

Sheriff's Detective Key Budge began an investigation that resulted in a search warrant for the check victim's home at 14894 Sunnydale in Lake Elizabeth. Resident Deputy Bill Axelrod assisted Detective Budge in serving the warrant on Dec. 5, 2005.

After finding a substantial quantity of methamphetamine, a gun, a stolen motorcycle, and a variety of stolen tools, sheriffs arrested Randy Way, 24, for forgery, identity theft, grand theft auto, possession of meth for sale, ex-con in possession of a firearm and theft. His bail was set at \$50,000.

Don Scott, 48, was arrested for possession of meth for sale; his bail was set at \$52,000.

Lisa Darmiento, 40, was arrested for possession of meth. Her bail was set at \$10,000.

The arrestees were booked at Lancaster Station.



Ellen Goodchild was a lucky winner at the Women's Club luncheon. See page 12 for article, and 22 and 23 for more photos.

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Real Estate Market: Boom or Bust?: Fed's Rate Rising Winding Down in 2006

By Linda-Marcella Berg
contributing columnist

Economists believe that the Federal Reserve Committee is finally nearing the end of its credit-tightening campaign, largely due to a change in the way they have worded their future rate-hike probabilities.

During their December 13 (and 13th rate hike announcement) the Fed omitted a key word which has been repeatedly used in past statements. That key word - "accommodation" - was blatantly missing, probably due to the fact that the rates have increased to a somewhat less than "accommodating" stature.

The 13th rate hike increased the short-term rate

- the rate banks charge each other in overnight loans - to a high of 4.25%, which is another basis-point increase. We've certainly come a long way from the 1% low in June of 2004 to the current 4.25%.

This has brought the 30-year fixed mortgage rate up to 6.32%, and the prime lending rate to 7.25%. The prime rate mostly affects the home equity line of credit (HELOC) and other loans which are at the mercy of the prime rate fluctuations.

Although we do see an indication of an end to the rate hikes, there is much speculation as to where the pendulum will land in the final analysis. Some economists feel there will be one or two more basis-point increases

Sunday, January 1, 2006
es in 2006 culminating at 4.75%, or perhaps as high as 5%.

With Ben S. Bernanke taking control of the reins from Alan Greenspan's Federal Reserve Chairman position in 2006, some feel this was a well-planned political maneuver to set Bernanke up with a clean slate and a well-balanced economy with inflation in check. The January 31, 2006 Federal Reserve meeting will be the last official play for retiring Greenspan.

Here is the statement issued Tuesday, December 13 by the Federal Reserve Committee:

"The Federal Open Market Committee decided today to raise its target for the federal funds rate by 25 basis points (0.25 percentage points) to 4.25%

"Despite elevated energy prices and hurricane-related disruptions, the expansion in economic activity appears solid. Core inflation has stayed relatively low in recent months and longer term inflation

Volume 6 Number 2

expectations remain contained.

"Nevertheless, possible increases in resource utilization as well as elevated energy prices have the potential to add to inflation pressures.

"The committee judges that some further measured policy firming is likely to be needed to keep the risks to the attainment of both sustainable economic growth and price stability roughly in balance. In any event, the committee will respond to changes in economic prospects as needed to foster these objectives."

What does this all mean to the mortgage and housing market for 2006? It could mean 30-year fixed rates go up to 7%, which is still historically low if you remember the double-digit mortgage rates from the late 1980s.

Unfortunately, this will also probably open the door to an increased amount of interest-only or one-to-two-year fixed loans. Ironically, this is the "froth in the mar-

ket" which Greenspan hoped to diminish with the rate hike campaign to begin with.

The housing market might experience a stabilization or slight dip in prices, largely due to the "supply and demand" theory of many homes now on the market, thereby driving prices to a more competitive and realistic price range.

The Antelope Valley in particular still seems to hold another boom year for 2006, perhaps with more realistic and stable housing market activity. Sellers will need to spit and polish their homes and demand reasonable prices in order to compete with the supply and demand factor at play.

That's all for this month. See you next month!

Linda-Marcella Berg
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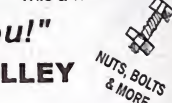
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Graffiti Plagues Green Valley Water Board

By Lu Bole, senior staff writer

A rash of graffiti is appearing all over Green Valley, especially on the town's water storage tanks.

This eyesore, while being especially obnoxious, is also causing a lot of extra work for one of the town's hardest-working folks: Gary Almsted.

Gary must take time needed for regular maintenance of the town's many water pipes, meters, pumps, etc. to go up to the desecrated water tank and paint over the ugly markings.

Green Valley residents, take note: this affects all of you, also, because it ultimately raises the costs of your water service.

Gary drove me up to a few of the tanks which had been sprayed with a variety of offending characters (it's hard sometimes to refer to the marks as "letters" or

"words," because they are so different from a "normal" font.)

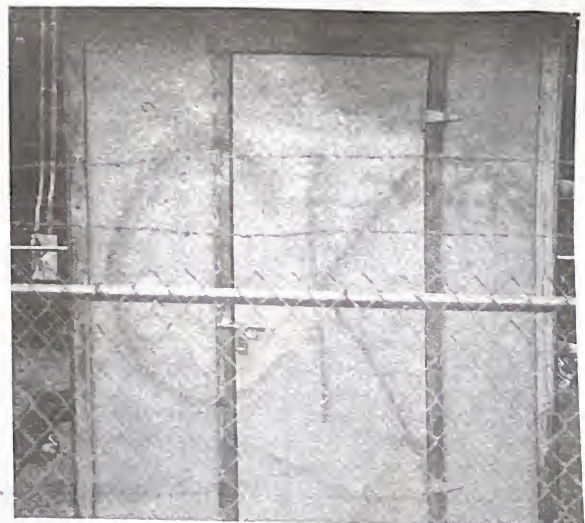
The tanks at the far east side of town are at the end of a very steep, long and difficult four-wheel-drive road. Those tanks can be seen from almost anywhere in town, and the unsightly marks really bring down the quality of our town. It is also extremely difficult to get up there, especially at night, when it is presumed that the graffiti is being sprayed.

If you have teens, please make sure that they are not out wandering at night. If they are caught spraying graffiti, the fine is pretty heavy, and more and more parents are being held responsible.

If it is your child that is climbing up the dangerous roads to reach the water tanks, a single misstep could

result in an even worse tragedy. If you observe suspicious activity, call the sheriff. Remember, this is YOUR town, and we all should have enough pride to see that gang "tags" are not a part of it.

Bole photos



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Lakes Town Council Column

By Norm Judd, secretary
Did you move to The Lakes because it is so different from the big cities around us? Do you enjoy the crime-free openness of our beautiful forest and lakes, the friendly small businesses,

The dangerous bacteria count seems at a safe level for recreation. (See article, page 16.)

Parish noted that more extensive tests during our hot summers could change the findings to some extent.



Norm Hickling, field deputy for Supervisor Antonovich, presents outgoing town council members Merrie Profitt (left) and Tony Dimilita (seated, center) with commendations for their outstanding community service. Grossman photo.

and sparse traffic?

The Lakes Town Council meeting Saturday, January 7 may be your best chance to influence what happens to your community.

At our last meeting a lady had a respectful one-on-one exchange with the representative of a developer who hopes to put about 200 new homes in Lake Elizabeth. It included input from Deputy County Supervisor Norm Hickling.

However you may feel about local growth and character, The Lakes Town Council wants to hear from more residents when a rough draft of proposed community standards is presented at the next meeting.

At the December meeting, councilman Jim Parish gave us some good news: Our lakes are not polluted. Preliminary testing of samples from Lake Elizabeth and Lake Hughes during November revealed that the murkiness is mostly algae.

Could their sewer system be the reason Lake Hughes water seems in better shape than Lake Elizabeth? Are you among the Lake Elizabeth folks who want their own sewers or do you fear attracting more homes?

The council regrets the resignation of energetic Jim Parish for personal reasons. Thanks for your help during a crisis, Jim! We'll also miss Merrie Profitt and Tony DeMilita who left the council. (See photo above.)

Bob Large will continue as president, newly elected James Cook and Teri Gordon will serve as vice-president and treasurer, respectively. Norm Judd continues as secretary and alternate member Ginger Cameron will fill Parish's chair.

Here are some questions asked recently, "Why can't we plant mosquitofish in Lake Elizabeth?" "Why does Lake Hughes have a sewer and we don't?" "Why do we have all of those ugly mailboxes?"



Norm Hickling (far right) swears the new Lakes Town Council at the December 3 meeting. Left to right: Bob Large, president; Teri Gordon, treasurer; Ginger Cameron, member; James Cook, Jim Parish; Norm Judd, secretary. (See story on this page for details.) Grossman photo.

"Can't we clean up properties around the Ranch Club and lake area?" "Why does our lake smell so bad that it gives me headaches?"

We urge all Lake Elizabeth residents to join us at the town council meetings and help us get some things done!

The council has invited California Water Service to the January 7 meeting to hear its rationale for raising our rates again (possibly as much as 45%) when we are still waiting for our fire hydrants and other promised improvements in Lake Hughes. One resident complained of having to wait until late night to shower because he has only 5 psi in water pressure!

Are there really people who would like to see wind generators or an auto race-track next to the Poppy Reserve?

We know how Friends of The Poppy Reserve feel, so how about hearing from those pragmatic residents who put our energy needs above esthetic concerns. Once we get a clear idea of how most of you feel, we'll decide where to throw our political muscle.

Supervisor Antonovich's presence is evident at every meeting in the form of Deputy Supervisor Norm Hickling. Your presence can also be a factor if you show up January 7 at The Lakes Community Center in Lake Hughes.

About 30 residents

attended the December 3 meeting, including Ken and Leisa Yoder and Joe and Tina Crispin from Lake Elizabeth. Keep coming! The meetings begin at 8:30 a.m. and only last about an hour.

Remember: If you want to put something on the agenda for February, call Norm Judd by January 22 at 478-2842.

Happy New Year from the Lakes Town Council.

Photo at right: Lakes representative Tanya Cash gave an update on the Fire Safe Council's activities.



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Mark Bolender

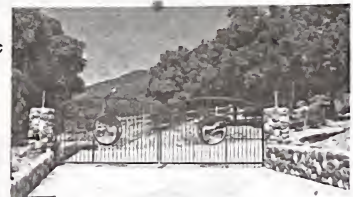
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Scenic Rancho on San Francisco Canyon Road:

This rare opportunity includes a decorator sharp main house, rustic guest house, outbuildings, dog kennels, 6.8 tree-studded acres and serene mountain views! For the discriminating buyer, the single story main house features exotic pecan wood flooring and hickory wood cabinets, plus rich "Verde Peacock" granite counters. Both private and accessible, this property is well manicured on 8 tiers, with river rock swails and Malibu boulders. Don't forget to view the special riding arena at the top with a 360 degree view! Buy this future million dollar home today for just \$795,000! Call Mark Bolender at RE/MAX of Valencia. 661-284-5457 or locally at 661-270-9791



Leona Valley Salon: New Owner, New Name, Same Great Service

A continuation of Hair I Am Salon

Editor's note: Lisa Torres recently became the new owner of Hair I Am Salon (now Leona Valley Salon) in Leona Valley.

To the community:

I would like to welcome the New Year first by thanking Shelly and Myron Smith for the great opportunity they have passed on to me.

I could not have considered opening my own salon without their help. I am truly grateful for all they have done for me.

I would also like to welcome Ryan, Kari and Allison to the salon. Ryan is a certified massage therapist. So, if relaxation is what you need, come on in!

Kari and Allison are hair dressers. So, if a new "Do" is what you need, come on in.

All three are, have been, or will be local residents. Please stop by to say "hi" and welcome them to the salon and the neighborhood. We look forward to seeing you.

*****January and February Special:**

1 hour Massage \$35 with Ryan - new clients only

*****January and February Special: free haircut with any chemical service - Kari or Allison - new clients only**



Gymkhana queen serves Mary Thomas at the Sertoma Senior Christmas Lunch December 11. Crandall photo. More, page 11.



The Canyoners entertained at Sertoma's Senior Christmas Lunch. L-R: Al Carlson, Pete Kaye, Lori Ali, Dahlia Grossman.

LVCC Party a Huge Success

Bev Crandall, senior staff writer

Dressed in their finest array, 40 friends and members of Leona Valley Community Church gathered for a formal dinner on Saturday, Dec. 10.

The youth of the church did all the serving, and cooks Mike and Cathie Wilson, assisted by Sarah Clayton, presented an outstanding menu for their guests.

The traditional gift exchange followed with horrendous white-elephants carefully wrapped as treasures, as well as some packages anyone would enjoy taking home. Much rivalry ensued as items were allowed to be taken from the original recipient three times.

Truly, a good time was had by all and much appreciation goes to each table hostess who elegantly decorated her table. Singing of carols emphasizing the true reason for the season ended this memorable evening.

See photo, page 26.



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MLS



Green Valley

Completely remodeled. Must see to believe! Custom Oak cabinets thru out. Tung & groove hrdwd flrs and tile thru out. Bright & spacious eat-in kit. w/pull-out draws & lrg pantry. Lrg master br upstairs w/walk-in and separate mirrored wall closets. Huge bth rm w/hrwd flrs. Lots of btl-ins & storage space. Dual pane windows thru out, opens to breathtaking mountain views. Property sits on 3 lots (O.K. as horse property - buyer to verify) all flat. Adjacent 3 lots w/sep water meter, barn & horse facilities available. Ask agent for details. Dogs, horses on property - must be shown w/ agent or owners who are usually home. Won't last long!!! Submit All Offers! w/prequal.



Wow! Awesome house, awesome view of lake. Pool, security system w/ TV camera, media room, sun room, open floor plan, rock FP w/ pellet stove, T&G ceiling, generator back up power, gated, on culdesac, lots of storage, 2200+ sq. ft., extra large lot.



Fantastic updated 4 br historical home set on 2.5 ac in quiet country neighborhood. Huge frnt porch invites relaxation, entertain on the lrg cov patio. Snuggle in front of the bouquet stone fireplace in living with cust stone floor and wall to wall windows to enjoy the wonderful view - beautiful parklike setting. Light & bright kitchen w/celestray windows, tile counters, brkfst bar, dining area, quaint wood-stove. Spacious mstr with wall of closets storage. Great for horses and children!



Large 4 br home, 3 ba ranch home on 23+ ac in gorgeous Leona Valley. Huge bnck fireplace in formal lv rm, wood stv in family room, open floor plan, island kitchen, hardwood floors, one story, family orchard, well & spring, nine stall barn, 8 pad-docks, arena, gated entry, wonderful view, well built newer home, tile roof, built in sprinkler system, only 25 mi to Santa Clara.



Leona Valley

Wow! This is a lovely home. Upgraded carpet and hard wood floors, beautiful sunroom that opens onto huge patio, leads to 7 car gar with playrm. Abv grnd pool, barn and tack rm, lots of trees, pines and fruit, picturesque circular drive, master bdrm at one end, other 3 bdrms at other, lots of storage, huge stone fireplace, a/c and evap cooler, roof is 1 yr old, fenced, nice country home with living room and family room. Lots of charm.

LOTS & LAND

LOT-10,300 sq/ft Great investment! Located in beautiful oak studded Green Valley one street behind Heart & Soul Cafe near the corner of Spunky Cyn Rd. and San Francisco Cyn Rd.
LOT-5,022 sq/ft Located in beautiful Green Valley's park-like setting. Property is mostly flat with Oak Trees. Only 20 mins. from Santa Clara / Antelope Valley. Please verify w/county for building requirements. Submit all offers!
Wonderful 5 acre parcel in Leona Valley - fronts Bouquet Canyon Road. Great Price



Kathleen Ottinger
Broker / Owner



Steve Barber
Realtor



Kim Wood
Realtor

**Wishing you all a
happy and prosperous
2006**



Glynis Byers
Realtor



Wendy Hand
Realtor



Rebecca Merrill
Realtor



Vanessa Manetti
Realtor

A New Year for the Soldiers

By Jan Carlson, staff writer
I hope all of you who could, sent cards to the soldiers for Christmas. I know anything anyone has done for them was a surprise and appreciated.

While reading a letter from a soldier, I was surprised at some of the things that are happening over there that we never hear about.

In their "mess hall" they have two large TVs. One is on CNN, the other on the Armed Forces Network sports.

The one around the AFN is always crowded, with just a few always around the CNN one, which means they would rather see sports and get involved with that action than sit and listen to the CNN news. They know firsthand what the news is over there because they are part of it. The sports helps them get away from it all for a little while.

I got a call from a soldier from Missouri who is back home. His name is Lucas Stolle. He told me he is from a very small town with 22 in his graduating class. Seven of them guys and the rest girls.

After graduation, all seven guys enlisted. Five went to boot camp together and to Iraq together, although some were in different units. Four of them are home right now and the soldier who called wanted to thank all of us here for sending the packages, letters and cards.

He said he will be going to Camp Pendleton in the Spring and would like to look us up and come for a visit. I hope he does!

I also got a letter from the mother of Joshua Lee. She wanted to add a name to our list and thank us for all the stuff we sent her son while he was in Iraq.

The list is shorter this month because five of our

soldiers came home. But I have also added several new names.

To everyone who sent cards and letters to the soldiers for Christmas, thank you!!

I understand the "chief" sorts packages from all over the states so each section gets equitable distribution of presents at Christmastime.

It is tough for families and soldiers at this time of year, so please stop and reflect on all the blessings we enjoy in our country.

PFC. Buckman, Ryan
HHC 1/32 In MORTAR PLT
10th Mt. Div.
Camp Manhattan/Habbanyah
APO, AE. 09371

AN Jimmy Brown
Weapons G3 Div.
USS Kitty Hawk CV-63
FPO AP. 96634-2770

CPL. Amanda Hoenes
HMM 268
UIC 42010
FPO AP 96426-2010

Barbara Cisneros
326 ASG Barbara Cisneros
#4924
APO AE 09333

SGT. Joseph M. Gurba
1st PLT. A TRP
1-7 CAV 5th BCT
APO AE. 09309

Jennifer Wilson
379 AEW
379 EAES
APO AE. 09309

SA Altheide, Amber D.
TSC 816 TuG
FPO AE 09612

CPL. Gray, Travis G.
MACG-38/intel
UIC 41121
FPO AP 96426-1121

Craig A. Edson
PSC 78 Box 3878
APO AP. 96326-0038

PFC Charles Jackson
C1-38FA Unit #15737

APO AE. 96257-5737

SGT. Brian Hadlock
B Co., 844 En. Bn.
APO, AE. 09330

PFC. Ingram, Christian
CMR 462, BOX 1423
APO AE. 09089

PV2-Kevin Payne
B CO.
325-F-SB Box 433
Schofield, HI. 96857

MM3 Garcia, Estevan
A-DIV
USS Tarawa
LHA-1 Box 44
FPO, AP 96622-1600

Robert York
CMR 464
Box 1181
APO, AE. 09226

PFC Alexander Hall
HHC 4th BN. 3rd AVN
AVN BDE 31D
APO AE. 09378



HN Shirley, Trey III C.C.
2/6 G Co.
Unit 73165/4th PLT
FPO AE 09509

LCPL Phillips, Kevin P.
MWSS-372 AFPOS/ARFF
UNIT 42020
FPO AP 96426-2020

To add a name to this list, call Jan Carlson at 724-0141.

Jim Wilson
Pianist Jim Wilson, accompanied by a string quartet and world-renowned Irish flutist Eric Rigler present a concert of inspirational music before a wide-screen backdrop of movies and images of California, Ireland, Paris, aerospace flight and more. Your spirit will soar with his tribute to flight!

January 28 at 7:30 pm
Tickets \$20/\$15

"...a magical, musical carpet ride of melodic beauty."
- Carol King

"...mystical and calming, I use it to lose myself in."
- Lionel Richie

For sound and video clips visit www.thepalmdaleplayhouse.com
More info at www.jimwilson.net



Martin Luther King Jr. Celebration with the Lula Washington Youth Dance Ensemble
January 16, 5 pm Free

Travelogue
"Western Canada Far & Wild"
with videographer John Wilson
January 29, 2 pm \$5



For Tickets
Call 267-5685
38334 10th Street East, Palmdale
www.cityofpalmdale.org

The
Palmdale
Playhouse

Sertoma Senior Christmas Lunch

continued from page 9
photos by Bev Crandall



Sertomans take a break.



Susan Stark, Bea Bolin, Marce Mahon and Pat Hobart enjoy lunch



Racketeers 4-H's served the guests.



LeeAnn Bonn and her mother attended the party



A beaming Margaret Kennedy and Nancy Mallicoat.



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EL Development Project Two-to-Five Years Away

Chandler Estates, a proposed 60-acre development in Elizabeth Lake, may have to submit a new Environmental Impact Report, according to Norm Hickling, deputy for Supervisor Antonovich. Hickling noted, however, that the development probably would not have to apply for a new conditional use permit, even though the approval was granted many years ago.

James Cook, an employee of Featherston Properties, which owns the property, gave a brief update of the project at the December 3 town council meeting. "We're working on getting water service," said Cook. "It's a very slow process," he said.

According to Cook, it will be at least two years, and possibly five, before any building is begun at the site.

Elizabeth Lake resident Joan Guy voiced her disapproval of the project at the town council meeting. "I can't see how 200 homes will enrich our community," said Guy. "It will just create more light pollution and more traffic. A lot of people will be against it," she said.

Cook said he would be happy to discuss ways the community can benefit from the development. "I promise there will be discussions about it," said Cook, adding that a separate meeting could be arranged just to cover this topic.

Cook told those attending the meeting that he did not have any news yet about the property owned by Featherston Properties across from the golf course on Elizabeth Lake Road. Featherston hopes to build 105 homes on that parcel.

Humor: Oxymorons

In case you do not have enough to do, at this time of year, here are some topics for small talk.

1. Why is the third hand on the watch called the second hand?
2. If a word is misspelled in the dictionary, how would we ever know?
3. If Webster wrote the first dictionary, where did he find the words?
4. Why do we say something is out of whack? What is a whack?
5. Why do "slow down" and "slow up" mean the same thing?
6. Why do "fat chance" and "slim chance" mean the same thing?
7. Why do "tug" boats push their barges?
8. Why do we sing "Take me out to the ball game" when we are already there?

Women's Club Celebrates Holidays

By Sharon Lehner

Our Christmas potluck was well attended by members and guests and everyone said they had a lot of fun. A big thank you to Doris Karabinus for being our hostess!

There was plenty of food and plenty of excitement over the gift exchange. We were having too much fun to hold any kind of meeting so our next meeting will be important to go over our plans for next year.

Our first project for 2006 will be to hold a rummage sale either in late January or early February so keep us in mind when getting rid of the "old" to make room for the "new."

Our year-end reports are due, so please get all your volunteer hours to Sharon or Merrie. We will also be looking for nominees for the next term.

Several of our members or their husbands are having surgeries or have long-term illnesses. Our thoughts and prayers go out to all of them and we hope that 2006 brings renewed health, strength and happiness. It will be a good time to show our support to each other as well as our commitment to our community.

New members are always welcome from all the Lakes and Valleys Communities. Join us if you can. Our meetings are held on the 2nd Wednesday of each month at 7 p.m. in the Community Center. The next meeting is January 11, 2006. For information call Merrie Profit 724-3029 or Sharon Lehner 724-0855.

HAPPY NEW YEAR FROM
HUGHES-ELIZABETH
LAKES WOMAN'S CLUB!

Lakes Women's Club

New Members and Guests Welcome!

Regular Meeting

Wednesday, January 11

7 p.m.

Lakes Community Center

For information about joining the Women's Club,
call Merrie Profit at 724-3029

Lakes Queens Continue Their Gift of Giving

By Cynthia Alcott

The month of December is always a busy month of scurrying about and getting ready for the holiday season. And although it is a time of receiving, it is mostly a time of giving.

This is how Peleina LeTourneau (Jr. Miss Lakes 2005) and Brooklyn Alcott (Little Miss Lakes 2005) have vowed to spend their entire year as our local community queens - and the holiday season is no different.

The girls have been hard at work assisting at local community events where their help was needed, including the joyful Lakes Community Center visit with Santa, the spectacular Dinner at the Oaks holiday meal, and donating gifts for the Lakes Women's Club gift drive.

But wait...the Lakes Queens haven't stopped there! They also volunteered outside of their communities in order to assist other local valley queens during this time of giving - including the Antelope Valley's Lancaster Animal Shelter Dog/Cat Canned Food drive (feeding over 700 homeless animals a nice holiday dinner), Lancaster's Domestic Violence Women's Shelter Queen's Challenge (donating miscellaneous items for children), The Antelope Valley's Winter Warmth Event (donat-

ing at least 100 coats, jackets, and sweatshirts for children in need), Agua Dulce's Teddy Bear Collection Drive (donating teddy bears to children spending the holidays in the hospital), Eastside's Grace Resources Goods and Blanket drive (donating baked goods and blankets), and the Lancaster's Homeless Shelter Canned Food drive (donating canned vegetables and fruit for the homeless).

Our queens certainly appreciate being elected to serve their communities and also being able to help others outside of their communities. Each passing day has reinforced their belief that "Community Queen" is an honorable opportunity to give back to their communities.

From the Queens: "We would like to graciously thank the communities of Lake Hughes, Lake Elizabeth, and Green Valley for their generous support this past year. Everyone has been so kind and supportive. We hope your year has been blessed with family and friends, and love and kindness, and that this New Year brings even more than the last!" From the bottom of our hearts, HAPPY NEW YEAR to each and every one of you!

Sincerely,
Peleina and Brooklyn

Bob Noval and his Big Band Orchestra



Bob Noval

Featuring: Lauren Koval
DJ Chuck Cecil ("Swingin' Years")
Vocalist Ned Rifkin
Band leader Bob Noval

January 28 at 8 p.m.

Lancaster Performing Arts Center

Tickets: call LPAC box office at 661-723-5950

A portion of the proceeds will go to the American Cancer Society.



Birthday Club Celebrates Season

By Marce Mahan and Bev Crandall

The Leona Valley Birthday Club met for breakfast in November to celebrate those whose birthdays fall within the past three months. This group, consisting of new and old members, has no dues and no agenda except to have an enjoyable time of catching up on news and meeting some new neighbors, who are always welcome.

Mary Stark Cardenas, Susan Stark's daughter, was here from Florida last month. Nancy Page is in town and anticipates seeing old friends after Thanksgiving. Rito Lugo Rumbaugh sent word that she's planning to visit family scattered throughout the States. Anne Breight came with LVIA cookbooks for sale. These make great keepsakes of friends old and new; some of the recipes will find their way into your favorites.

Photo: Susan Stark, Emilie and Mary Stark Cardenas.
Photo by Marce Mahan

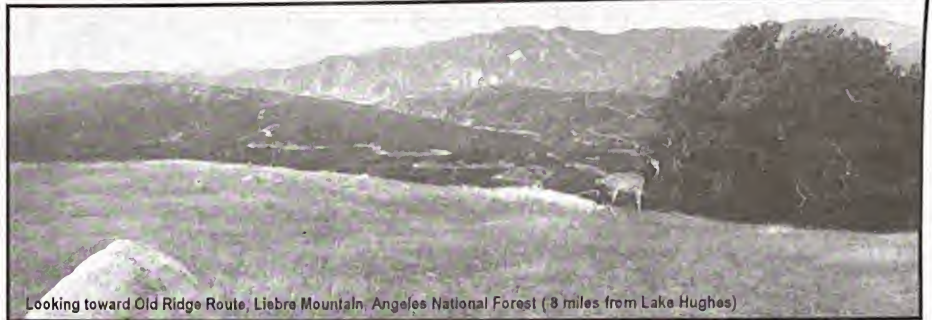
P.J. DEHAAS



PROPERTIES

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Looking toward Old Ridge Route, Liebre Mountain, Angeles National Forest (8 miles from Lake Hughes)



FANTASTIC VIEW PROPERTY IN LEONA VALLEY. Percolation test, soils, geology and grading plans already done. Two possible building sites on the property (both have been perced). All the hard work has been done - even has house plans. Come build your dream home in beautiful Leona Valley. \$175,000
CALL TENA WAGNER (661)270-1901 ext 18



GREAT PRICE! GREAT STARTER HOME OR RENTAL IN LAKE HUGHES -

This 1 bedroom 1 bath home has new pellet stove in living room. Large lot with lots of potential!
CALL PEGGY DEHAAS (661)724-2592 ext 11



LAKE ELIZABETH RANCH CLUB HOME -

2 bedrooms, 1 bath, vaulted open beam ceilings thru out, open kitchen & living room, woodstove, 2 car garage and large corner lot. \$275,000
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LOOKING TO RELOCATE TO THE SAN FERNANDO VALLEY? Priced to sell in a nice Reseda neighborhood. 4+2, spacious living, brick fireplace, bright sunny kitchen, indoor laundry, rear yard is like entering a tropical paradise, covered patio, above ground pool, lush green lawn and more. \$535,000
CALL PAT MORGAN (661)270-1901 ext 23

HOME SELLING TIP:

Showing the House

Homebuyers may feel like intruders if you are home when they visit, so if possible try not to be there when the buyers and their agent come by. If you do need to be home try to stay in one area and do not move from room to room. Do not volunteer information, but answer any questions the agent may ask.



LAKE ELIZABETH CUSTOM HOME ON OVER 1/2 ACRE - 3 bedrooms, 2 baths, view of golf course, huge deck, lots of woodwork and built-ins throughout
CALL LINDA HAUBER (661)724-9212 ext 22



INVESTORS BRING YOUR CONTRACTOR TO THIS ONE - Fixer, fixer, fixer, this house is in non-livable condition, has electric and water, well will have new pump & tank, 3 lots totaling over 16,000 sq ft, very private. Has 2-3 bedrooms and a bathroom. This is an as is sale no repairs or warranties. Tons of potential. \$199,000
CALL LINDA HAUBER (661)724-9212 ext 22



GREEN VALLEY CUSTOM HOME ON 2 LOTS - Remodeled 3 bedroom, 3 bath home. New carpet, tile, granite, appliances, even a new Frigidaire refrigerator/freezer. Beautiful oak cabinetwork, including a china cabinet, wrought iron enclosed deck on second floor, block and stucco retaining wall and side fence, terraced landscaping and a wrought iron security gate in front. \$520,000
CALL PAT MORGAN (661)270-1901 ext 23



GREAT STARTER HOME IN BEAUTIFUL GREEN VALLEY - 3 bedroom, 2 full bath, exterior just painted in October. Large living room with brick fireplace, nice size kitchen with dining area, front yard has several mature trees and new grass, brick patio and deck, storage shed in backyard, 2 car garage and more. \$350,000
CALL TERI GORDON (661)724-2592 ext 10

Leona Valley Patter

Bev Crandall, senior staff writer

Freezing weather assures us winter is most certainly here! Bring out the mufflers, gloves, and funny warm headgear. Take down the Christmas tree and stack all the boxes of decorations for another year.

Make a promise that you'll not put off getting ready until the last week. Lose a few pounds; sharpen the pruning shears; destroy outdated and unusable stacks of clutter; get your new 2006 calendar; determine that this year you'll give more thought to helping others and focusing less on yourself; and best of all, count your blessings.

After babysitting her grandkids in Texas for five weeks, Sandy Ordway was met in Las Vegas by husband, Steve, for a long-awaited reunion and enjoyment of Cowboy Christmas.

Understand they donned their western togs for the event; where was my camera?

Hawaii was everything perfect for the Crandalls' two weeks on the Island of Kauai. I tried to talk Chuck into at least looking at some of the homes for sale...but no luck! The weather was ideal for basking on the beach at Hanalei Bay and sleeping late every morning.

Vance and Juanita Kirkpatrick had another exotic and memorable 10-day trip to China.

Just a highlight: Exploring the smaller gorges of Daning River where they boarded wooden sampans and traveled upstream, viewing crystal emerald water flowing rapidly through deep gorges and high peaks.

They even spotted ancient hanging coffins and heard native songs sung by



Town councilman Richard Thomas and his wife Mary, and former town councilman Chuck Crandall and his wife Beverly attended the Christmas Open House at Chimbole Cultural Center

the ethnic sampan handler.

They were on a tour through Orient Odyssey and met lots of fascinating fellow travelers. You must ask her to tell you about the trip in greater detail because they both had a wonderful time.

Congratulations to Ray and Linda Santana. They have been nominated for the Athena Award in photogra-

phy.

Marce Mahan tells me that 60-70 people received their flu shots on Election Day offered by Antelope Valley Health Center. If you missed them and still need a shot, phone 951-3483. Let's hope we'll not have use for them this year, but with this changing climate, who knows?

Georgia Mitchell, one of our long-time residents, now lives in Angelo's Home Corp, 2740 W. Lumber St., Lancaster, CA 93536. Why not send her a card or drop in for a visit. Her granddaughters, Alene and Angela visited her over Thanksgiving.

Frank Dixon, one of our valley's finest artists, presented a demonstration on children's book illustration at Barnes and Noble Booksellers on December 14. Word is that he has a new book out.

It's time for you to get serious about CERT (Community Emergency Response Team) before we find ourselves unprepared for disaster. Captain Scott Polgar will be giving classes beginning January 11, 18, and 25, February 1, 8, 15, and 22 and offered at no cost. Call 726-2802 today. It's one of the best things you can do for yourself, your family and your community.

A few of Leona Valley Town Council past and present officers attended the Christmas Open House at

the Chimbole Cultural Center Dec. 16. (See Photo)

Welcome to the new Town Council officers. We'll be looking forward to your leadership in this coming year. And thanks to all those who worked so hard over the past two or four years. When you see these folks, be vocal in your appreciation.

Congratulations to Cara Lauer who took First Place in the Valley Press Christmas Design Contest in the grades 10-12 category. Cara is 15 and the daughter of Craig and Jennifer Lauer of Leona Valley.

Nicole Turner took a Third Place in the grades 7-9 category. She's the daughter of Chuck and Karen Turner of Lake Hughes.

Thanks to Chris and Kathy Londergan who have graciously volunteered to be co-chairman of the Leona Valley Gymkhanas. Just a reminder: Saturday, January 28 will be the first Gymkhana of the year with sign-ups at 8 a.m. and events beginning at 9 a.m.

Bundle up and come watch; we have new bleachers now, if you forget your chairs, and Colleen Price will have hot coffee and donuts at the snack booth.

HAPPY NEW YEAR to each of you.

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Tammy Belisle

Assistant Vice President/Branch Manager

tbelisle@calbt.com

Love Your Computer Tips for XP Users

Hello, readers. This month's column offers more Windows XP tips and tricks to try on your Windows XP PC.

Tip # 1: System Hang Up at Startup

Corrects problem / Speeds up boot time
If your system seems busy for about 2 or 3 minutes when you start up, it may be due to one specific service "Background Intelligent Transfer" running on startup.

Step 1: Click "Start," Click "Run"

Step 2: Type "msconfig" and click "OK"

Step 3: Click on "Services" tab, find "Background Intelligent Transfer" service

Step 4: Uncheck the box. Click "Apply" then Click "OK." Reboot is required for this tip to take effect.

Tip # 2: Disable Error Reports; Removing error report pop ups.

When a program hangs up or stops responding, Windows pops up an Error Reporting window with the option to send issue to Microsoft. In reality, this does nothing and Microsoft will not contact you or fix the problem. It is better to turn it off.

Step 1: Right click on "My Computer" and select "Properties"

Step 2: Click on "Advanced" tab

Step 3: Click "Error Reporting" button

Step 4: Select "Disable Error Reporting"

Step 5: Click "Apply" and Click "OK."

Reboot is not required for this to take effect.

Tip # 3: Change picture displayed for Windows XP User

This is the picture in the square box displayed when logging into Windows XP.

As default, Windows usually selects a chess piece or a Jet.

Step 1: Open "Control

Panel" from the Start Menu

Step 2: Double Click on "User Accounts"

Step 3: Click on the account you wish to change.

Step 4: Click on "Change my Picture"

Step 5: Browse through the shown pictures, or click browse to select a folder where you store pictures.

Step 6: Close the User Accounts window, and picture will change at next logon.

Tip # 4: Turn off File Indexing; Speed up Windows XP

Windows XP keeps a record of all files on your hard drive. So when you do a "Windows File Search" it is faster to find a file. Since Windows has to index all files, it slows down normal file commands.

If you do not use Windows Search (located on the Start Menu, under Search) frequently, you should turn it off.

Step 1: Open "My Computer"

Step 2: Right Click on your hard drive (usually C: drive) and select "Properties"

Step 3: At the bottom of this window you will see "Allow indexing service to index this disk for faster searches." Uncheck this box.

Step 4: Click OK.

Step 5: A new window appears. Select Apply to all folders and subfolders.

This process might take a few minutes to complete, when it is done you will notice faster response from Windows XP.

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HELUS Celebrates the Holidays with Music Program

By Trevin Smith, 7th grade

On the fourteenth of December the holiday show moved to the Oaks to accommodate all the people instead of splitting it into two nights. It barely managed to fit approximately 500 people.

The Oaks auditorium was way up in a little valley in the mountains, a colossal white building with a towering window with three crosses inside one another.

The show began at 6 p.m. with kindergarten leading the way with *The ABCs of Christmas*, *I Have a Little Dreidel*, and *Away in a Manger*.

Second and third grades sang *The Twelve Days of Christmas* and *Jingle Bells*. The third grade also performed *The Hanukkah Song*, *Kwanza Poem* and *The Christmas Band*. The middle school sang *Jingle Bell Rock*, and performed *If You Take a Mouse to the Movies*.

Fifth grade gave an awesome sound to *Nuttin' for Christmas* and *Little Toy Trains*. First and second grades sang *It Must be Santa*, *Toy Medley*, and *That's What I Want for Christmas*.

Fourth grade rocked with *All I want for Christmas*, *Rusty Chevrolet*, *The Christmas Song*, and *Let There be Peace on Earth*.

Sixth grade gave their presentation of *Wonderful World* and the classic *The Twelve Days of HELUS*. Last, but certainly not least, the HELUS choir gave an awesome per-

formance of *Holiday Lights* and *One Candle Lights the Way*.

This was a great holiday show. It had a great mix of traditional and new songs. I, personally, liked it.

This was a great holiday program that covered all faiths and sent out the message of the holidays: family, love, warmth, and friends.

Merry Christmas to all and to all Happy Holidays!

Letter to the Editor

To the editor:

Thanksgiving and Christmas certainly are special times when we cherish having our families around. That's right, I said Christmas, that national holiday we celebrate every December 25.

How is it that the minority of non-Christians make such a fuss about saying "Merry Christmas" that many of the stores this year only state Happy Holidays in their advertising and pretend Christ had nothing to do with it?

Personally, I changed my shopping habits and didn't buy from those merchants who treated it as just a holiday from work. If enough of us did, maybe they'd get the message! I don't know anyone, regardless of their faith or lack of it, who objects to being wished "Merry Christmas."

Congratulations to the City of Palmdale, which held a Christmas Parade and a lighting of the Christmas tree. The adjoining city to the north decided it's only a Holiday. Thank you, Mayor Ledford, and the City Council.

Beverly Crandall
Leona Valley



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Barrage Returns to LPAC

The Lancaster Performing Arts Center has added *Barrage*, described as *Stomp for fiddlers*, to the current season lineup. The performance is at 8 p.m. on Monday, February 13, 2006.

Tickets are on sale now. This group sold out at LPAC in 2002.

The cast of *Barrage* features seven violinists/vocalists, one drummer, one bass player, a guitarist and a percussionist.

With a magical steamer trunk as their source of inspiration, the cast explores a wide range of musical selections while showcasing an impressive array of individual musical talents.

Audiences are treated to an intoxicating spectacle that combines spellbinding energy, breathtaking musical virtuosity, unique choreography, colorful staging and stunning musical arrangements. For audio and video clips, visit their official website at www.barrage.org.

Barrage has added several selections to the program, including *Bridge Over Troubled Waters*, *Eleanor Rigby*, *Live and Let Die*, *Tico Tico*, *Sally G*, Benny Goodman's classic *Sing Sing Sing* and *Birdland*.

All of these numbers add to a *Barrage* program that employs their own unique style of presentation crossing the musical motifs of many cultures.

Tickets are \$27 for Orchestra seating, \$22 for Balcony seating, and \$14 for youth 17 and under. To order tickets, call the LPAC box office at (661) 723-5950 or visit www.lpac.org. The Lancaster Performing Arts Center is located at 750 W. Lancaster Blvd.

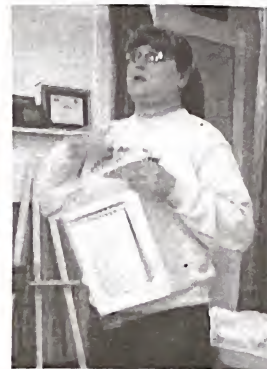
See article,
page 18.



Some of the Fire Safe Council members at December meeting.



Al Glodan, Leona Valley rep.



President Flo Bistline explains what goes into the packs.

Lakes Not Polluted, Says Report

Results of a test performed on water from our two lakes show that they are not polluted and are safe for recreational use.

According to AVEK, which performed the test in November at the request of the Lakes Town Council, a water sample taken 20 yards off the lake front of Lake Hughes showed a total coliform bacteria count of 30 ppm and a fecal coliform (warm-blooded waste) count of 8 ppm. A test performed on water taken from the cen-

ter of the lake showed a coliform count of 30 ppm and a fecal count of 4 ppm.

According to AVEK, the range for these pollutants is 2 - 16,000 ppm, indicating that there is little pollution in our lakes. By way of comparison, drinking water must have a coliform count of less than 2 ppm.

A water sample from Lake Elizabeth showed a coliform count of 30 ppm and a fecal count of 30 ppm, indicating that the only pollution in the lake is from fecal material.

Again, the count is very low and not considered a danger to people using the lake for recreation.

The water was collected seven yards off the shore of Lake Elizabeth on the north side of the lake. It was suggested by an audience member at the December 3 town council meeting that another test be taken on the south side of the lake, closer to the septic system. A councilman also recommended that the test be repeated during the summer.

Thank You, Subscribers

The editor would like to thank the following, who became subscribers (in other words, made a donation) to the Mountain Yodeler during December:

Doug and Debbi Campanella
Todd and Denna Cooper
Wallace Brill
Michael and Flora Herman
Karl and Linda Pearcy


A special thank you to an anonymous life-time subscriber!

If you would like to help keep the Yodeler in the black, please send \$25 to Dahlia Grossman, P.O. Box 444, Lake Hughes, CA 93532.

If you live out of the area and would like to have your paper mailed to you by first class mail, please send \$30.

I appreciate everyone's support!

Happy Holidays.



The David Sanborn Group

Jan. 27

Veteran alto sax master David Sanborn has played a crucial role in establishing the sound of contemporary jazz and instrumental pop.

For tickets or information, call (661)723-5950 or visit www.LPAC.org

Waste Management Auctions "Tonight Show" Celebrity Motorcycle for Katrina

Bike Brings \$1,000,000 at Auction!

By Eric W. Rose
director of communications
Western Group
Waste Management, Inc.

Houston - December 11, 2005 - Waste Management, Inc. proudly auctioned the now famous "Tonight Show" Harley-Davidson motorcycle to benefit the Bush Clinton Katrina Fund on Saturday, December 10, 2005.

Earlier this year, the company purchased the motorcycle in an online eBay auction for \$800,100, which was donated to the Red Cross International Disaster Fund to benefit the victims of the devastating Southeast Asian Tsunami.

The high bid of \$1 million was made by avid car collector and philanthropist John O'Quinn, a Houston attorney.

This Harley-Davidson

motorcycle is signed by 67 of the nation's most famous personalities, including Presidents George H.W. Bush and William J. Clinton, and other celebrities such as Jay Leno, Donald Trump, Leonardo DiCaprio, Scarlett Johansson, Gov. Arnold Schwarzenegger, Demi Moore, Ellen DeGeneres, Snoop Dog, Samuel L. Jackson and future baseball Hall of Famer Roger Clemens of the Houston Astros.

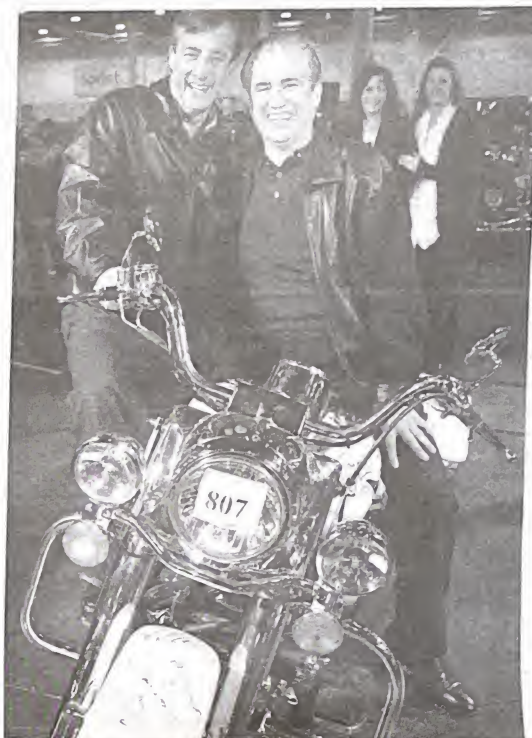
In response to the recent devastation caused by Hurricanes Katrina and Rita, New Orleans native and Waste Management CEO David Steiner wanted to make a difference in the lives of thousands in the Gulf Coast region.

"About a year ago, we were able to help people in Asia by buying this motorcycle. In the time that we had

the bike, it became a source of pride for our employees and helped other good causes important to the communities and customers we serve. It raised money for scholarships, breast cancer awareness and fighting crime.

"Today, we are able to help thousands more here at home by donating the Harley. This is a great example of how all of us can find a way to 'pay it forward' this holiday season," said Steiner.

Waste Management, Inc. is its industry's leading provider of comprehensive waste management services. Based in Houston, the company serves residential, commercial, industrial, and municipal customers throughout North America.



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Leona Valley

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Fire Safe Council Members Assemble Emergency Kits

By Laura Verneti

It was truly a festive evening when the Angeles Forest Valleys & Lakes Fire Safe Council celebrated another year at their general meeting, December 7 at the Leona Valley Community Center.

As promised, the meeting was a little different.

President Florence Bistline was quick to complete the regular meeting business so the evening's activities could commence.

Florence kicked things off by explaining to the group we would be assembling two kinds of emergency bags: "grab and go" field packs and personal packs.

In assembly line style, large totes were filled for "grab and go" packs with

water, rope, pry bar, grease pencils, flashlights with extra batteries, first aid kit, ace bandage, pencil/paper, small knife, handy wipes, work and rubber gloves, glow lights, safety mask and goggles, hammer set, rain gear, hand towels, trash bag and tape.

Personal need packs were assembled in zip lock bags with personal items like first aid kit, toothpaste/brush, soap, comb, razor, shampoo and conditioner, lotion, handy wipes, Kleenex, washcloth: items that would come in very handy if a person was to lose everything - hopefully something none of us will never need.

Some people may think we are trying to do too much, that we can't supply everything. This is just the begin-



ning of an ongoing project to create as many bags as we can with the donations received.

Many items used were from previous donations already on hand. Donations of any of the supplies listed above would be greatly appreciated.

Packing the bags went very quickly, perhaps because of the tasty treats that awaited us. Everyone brought a different type of

treat so there was a lot to choose from.

It felt good to celebrate the opportunity of working with some great people who are members of the FSC. We truly have so many reasons to be thankful.

If you were unable to join us at any of our meetings this year we hope to see you next year. We meet on the first Wednesday of the month at 7 p.m., alternating between Leona Valley and Green

Valley.

We have more great things planned. If you would like to know more, please contact Betty at 270-9911.

From all of us at the FSC we want to wish a very prosperous New Year!

Photo: Betty Young, Chuck Crandall, Laura Verneti and Heather Bistline assemble packs.

More photos, page 16

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Green Valley Concerned About Future Rain Runoff

By Lu Bole, senior staff writer

The morning of December 1, 2005, brought several Green Valley residents together with representatives of the Department of Public Works to discuss the effects of this coming season's rain runoff from San Francisquito Cyn. Rd. at Calle Daggett and Calle Berro streets.

In the horrendous storms of last January, unending flows of sand-laden water flowed down Calle Daggett, flooding several homes along that street, as well as those of other homeowners living below that section.

During the storm, residents piled sandbags to a height of three to four feet along San Fran. all across the entrance to Calle Daggett to divert the runoff toward a culvert further down San Fran. This is the usual runoff path of water to the Green Valley branch of San Francisquito Creek.

During the summer of 2005, an asphalt and dirt-fill berm was built along San Fran. above Calle Daggett, to

permanently divert runoff away from Calle Daggett.

On November 30, this berm was removed, outraging those residents who had suffered so much the previous January.

Green Valley residents Ron Winkel, Dave Haerle, "Papa" Joe Ervin, Chris Schmid, Jae and Kae Lee, and Jeff McCracken and Gary Almsted from the Green Valley Water Board met with assistant district engineer Jeff Harkins and Jim Mahoney from the L. A. County Department of Public Works to discuss the problem.

The situation is not a simple, cut-and-dried one; a homeowner living farther down the canyon had his driveway partially washed out after those sandbags had been placed, and it was his complaint that caused the berm recently put in to be bulldozed.

The residents living along the two streets involved showed photos of the major flood damage that had been done to their homes last win-

ter, and had horror stories of hours spent in driving rain to put those sandbags across Calle Daggett.

The Lees, living in an 80-year-old house just below Calle Daggett were flooded so badly from the runoff coming down Calle Daggett that they had three inches of water and mud inside their home, ruining their carpets and damaging furnishings and a grand piano.

The representatives from the G.V. Water Board stated that the hub of water pipes meeting at that intersection of Calle Berro and Calle Daggett is the most critical in the whole town, because that hub is at the lowest level of the town's water system.

If these pipes were to be undercut and broken by flooding water (as some were at the other,



"Papa" Joe Ervin, Dave Haerle, Jeff McCracken, Gary Almsted and Ron Winkel met with members of L.A. County Department of Public Works to assess the problem of water runoff in Green Valley.

higher end of town in last January's floods) the whole town could lose all its stored water in an hour.

The engineers examined all concerned properties and residences, checking what affects the suggested ramifications would have on all parties.

The residents understand that huge storms, like the ones we had last January, will continue to happen, and that these storms will

cause major problems.

Potential major damage outweighs cosmetic problems, however.

Mr. Harkins and Mr. Mahoney agreed that they would consult with Mark Caddick, the district engineer, and come up with a solution that, hopefully, will satisfy all those involved.



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'This Burg'

By Olkur Mudgeon

By the time you read this the ball will have dropped on Times Square, it will be 2006 and all the good folk of the region will have another chance to make the new year a better one.

Greetings.

Christmas was celebrated by us Mudgeons in our customary fashion. Ima baked a ham and a turkey (for those who didn't get enough at Thanksgivin').

The wee ones ran riot after shreddin' a forest's worth of wrappin' paper and bummin' it in the fireplace to watch the colors.

I know you're not s'posed to do it but I can't resist their shiny little eyes and squeals--heck knows, it's better than sticking them in front of a video (oh, damn---a DVD, sorry, I'm too old-fashioned).

But then of course we all had to watch 'A Christmas Story' and Charlie Brown and that chestnut with Jimmy Stewart and Donna Reed (now there was a *looker* not to mention the Grinch. I rather do like Cindy Lou Hoo. Reminds me of our Bob's youngest with the pigtails. I always feel sorry for the dog, too.

Have to admit to feelin' like the Grinch on occasion, growlin' at the commotion and the way Ima insists on dressin' me up in clothin' no natural man should ever have to wear.

Someday I'll have to look up how ties came into bein'. I think women invented them as payback. Same with dress shoes.

Somethin' else that made me edgy was all the discussion about Nebraska. You'll recall me writin' about that last month. The push is on to move... seems there's no logic to it but mine and nobody's listenin' to the man of the family.

Now one or two of our kids are talkin' about movin' too, so Ima's on a roll, feelin' vindicated and motherly. Geez. Not a one of 'em has

ever had to function in real snow... this oughta be interestin'.

They wanted to know what my New Year's wish was and though I told 'em it's s'posed to be secret it was no use.

I don't have one wish; I have a whole bunch. I want the stupid war over with. I want our boys home. I want the politicians to admit they were wrong.

I want more money spent on education than on sports, superstars and publicity. I want the U.S. to get involved over this global warmin'. We gotta think about the next generations, don't we?

Frankly, I want a lot of stuff I'm never gonna get an' that gets me ticked, right along with this dumb tie.

My New Year's resolution is to finish off the rest of the eggnog---spiked. I deserve it.

Sincerely,
Olkur

First, I want to thank Olkur and Ima for their donation. They are among my most generous supporters, and I don't even know who they are.

Second, will the person who got the Curmudgeon book in the mail please drop it off at the editor's house. That was meant for Olkur and I think it was sent to the wrong guy!

Come on, Olkur. We need more clues. Just answer these questions for me: Were you at the Yodeler party at the Judds' house in September?

Have you ever been to a Yodeler "folding party?"

The editor.

Humor

If work is so terrific, why do they have to pay you to do it?

If all the world is a stage, where is the audience sitting?

Storytelling Not Just For Kids!

By John McGee

In days of old, when days were still yet very new, people would gather together to hear of their past in stories, they would tell of the daily events in stories, and would

traffic congestion.

But it generally lacks one crucial element that she and other storytellers have: personal presence and interaction.

Even in a crowd the

Storyteller connects one on one with every member of the audience.

The Storyteller is the Scout who travels a stream of words and, with skilled guidance, brings the listener on the journey with the wonderment and discovery as though the story is happening for the very first time.

For many, storytelling is



hear their future foretold in stories.

So you see, the favorite place to be was around the storytellers!

In our microwave-paced, hand-held super mini computer age, we are bombarded with visual snips and sound bites, at an ever increasing pace, and the very idea of storytelling is more often than not seen as "a nice thing for the kids" while we adults go off and do what needs to be done.

But if adults can be persuaded to remain for a show, they find that they can be astounded at the quality and magic that is available, to them as well.

As one master storyteller friend of mine, Susan Marie Frontczak, says "Give me a place to stand and I will take you somewhere else."

Going somewhere else is what our modern media claims to do, by blasting images and sounds in a two-dimensional presentation, a screen, or thunderous blasts of sound to get your attention away from the aggravation of

seen as a nostalgic folk art with idealized virtues. That's not to say that it isn't an important part of it, but it's more, far more.

Storytelling is a way to connect with and understand complex issues of an ever changing society and allow us to hold onto something to work through our personal and social issues.

It can be a way for us to face our own demons and monsters, and come to grips so that we can either change or accept what we and others are.

A rainbow is a fascinating piece of optical physics. Each tiny droplet separates the light into a full spectrum, according to its angle with the sun and its angle with the viewer.

Therefore each viewer sees a different rainbow based on his center of vision. Each viewer enjoys a unique perspective.

We're in a community of Artists. Artists who paint, sculpt, form, perform, capture, and find. The challenges of all are to make

their voices heard through their art by way of composition, color and values, to name a few.*

Storytellers paint, sculpt, form, perform, capture, and find from the media of silence with words, gestures, and expressions, giving each listener a personal rainbow of the story.

The first Saturday of each month, The Antelope Valley Storytellers Group brings you stories from around the world, and sometimes from your own backyard: stories of history, stories of lands and of people who would otherwise be forgotten, stories from our own lives stories of whimsy, but always something for you, the listener, to take with you.

Please join us at Heart 'n Soul Coffee House, 39804 San Fransisquito Canyon Rd., Green Valley, 661-270-1627 for the next "Stories from the Heart and Soul" at 4 p.m. on January 7 for an hour of stories just for you.

Also, we are now in Lancaster on the first Saturday, the next one being January 7, at 6 p.m. at the Antelope Valley Allied Arts Association, Cedar Centre Hall, 44845 North Cedar Avenue, Lancaster, 726-0655. For more information, call John McGee at 724-2400.

Humor

If you are cross-eyed and have dyslexia, can you read all right?

Why is bra singular and panties plural?

Why do you press harder on the buttons of a remote control when you know the batteries are dead?

Why do we put suits in garment bags and garments in a suitcase?

How come abbreviated is such a long word?

state of the **ART** in our community

The Art Page

Todd Cooper
Art Editor

Draw What You See — an ongoing art tutorial

1, 2 and 3 point perspective

by guest artist,
Douglas Lloyd Higden

Perspective has two distinct yet related definitions. The first is what we perceive with our eyes from our point of view, bringing all our subjective notions to bear in interpreting the scene before us. The other definition refers to how three-dimensional objects are depicted, or in the case of photography, projected on a two dimensional surface. The rules of perspective are a set of principals that can be applied to create images that have the appearance of depth, or to take or manipulate photographs so they look natural.

It would seem unnecessary to apply rules to photos. Logic would suggest that photos are automatically natural. The problem lies in the way cameras work as opposed to our eyes, attached as they are to a gray supercomputer. Cameras cast their images on a flat surface. Lenses are designed to project a flat

image in which straight lines appear straight. If you tilt the image sensor the image will distort in the same way that perspective distorts the scene. The retina in our eye is spherical. When we look in a different direction the image on the retina retains the same aspect and thus doesn't appear distorted.

However in another sense everything our eyes see is distorted. Since the retina is spherical it is incapable of imaging a straight line. That's where the supercomputer comes in. the brain processes the data from our eyes and creates coherent vision. It automatically edits what we see. For instance, we expect architectural verticals to be parallel so we see them that way, regardless of perspective. When we see the same scene reproduced in a flat photo, it looks distorted.

Rules of perspective of course apply to everything, but they can only be easily controlled on subjects with flat surfaces. A sphere has the same perspective regardless of the point of view. This is why it is so difficult to depict figures,

which are really a collection of spherical and curvilinear objects. Perspective is most easily controlled, and incorrect perspective is most noticeable with rectilinear objects. Rooms and buildings are largely rectilinear.

The difference between One, Two and Three Point Perspective is not related to the point of view, but in the degree of parallelism between the surfaces of the objects and the plane upon which the image is cast.

One point perspective

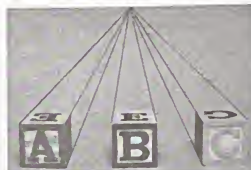
The camera focal plane is parallel to the front surface of the blocks in both the horizontal and vertical axis.



Here the camera is pointed straight at the B.



Here the camera is moved to point straight at the A.



Here the camera, without changing the angle, is raised to point a few inches above the B.

Two point perspective

The camera focal plane is kept parallel to the blocks' verticals but rotated so it is not parallel to the horizontals.



Here the camera is kept level with the blocks, moved to a position in front of the A and rotated so it points at the C.



Here the camera is moved further to the left until it points at the A. This is the view most commonly associated with two-point perspective.



Here the camera is in the positioned toward the B, then raised so it points a few inches above it.

Three point perspective

The camera focal plane is rotated and tilted so it is not parallel to either the horizontal or vertical axis.



Here the camera is positioned to the left and above the blocks and pointed at the B. This is the type of view where we expect to observe three-point perspective.



Here the camera has the same rotation and tilt, but is lowered to the level of the blocks. It now points at the floor. This creates an unnatural look. Since we are at the level of the blocks our brain expects the verticals to appear parallel.


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LVAG Looks Forward to 2006

At the December meeting, a preliminary calendar of events was scheduled for the coming year. Look forward to these and additional workshops, exhibitions and community involvement. All listed events are subject to change.

January – Studies of Shea. Works from plein air paintout in October 2005.

Mural Workshop for Complete Beginners. Jan. 14, 10am to 4pm. \$20, includes lunch. Contact Debbie Campanella at 661-724-1491.

February – Rich Gallego. In Plain Sight. Plein air paintings.

Collage Workshop - Beginning and Intermediate. Feb. 25, 1pm to 4pm. Contact Ulrica Bell-Perkins, 661-943-7287, or artyzebra@aol.com.

March – David Faust and Ken Kaylor. Plein air and studio paintings.

April – Donna Weil and Russell Michael. Paintings and metal sculpture.

May – ArtSpace Studio Tour. Group Show

June – Dennis Calaba and Mark Ivie. Paintings.

July – Family Art Fest.

August – Todd Cooper. Local Color. Paintings.

September – Tribute to the Masters Group Show. Annual Fundraiser.

November – 3rd Annual Juried Exhibition.



Lakes Women's Club Potluck Luncheon







Photo: Micky Palmer drops off toys for poor children to Steve Olson (left) and Clyde Ralston, L.A. County Fire Department, Station 78, Lake Hughes.

Mean Driver Causes Crash

By Dahlia Grossman

A Palmdale woman suffered minor injuries when another driver refused to let her pass and caused her to go off the road at 7:30 a.m. on November 18.

According to Lt. Witmer, Kelly Puglisi, 21, of Palmdale was travelling southbound on Bouquet Canyon Road just north of Spunky Canyon Road at 55-60 mph in a 2003 Honda when the accident occurred.

The report stated that Puglisi passed one vehicle, then moved back into her lane. "When she started to

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pass a second car, the driver of that car sped up (which is illegal) and would not allow her to pass," said Lt. Witmer. "She moved back into her lane, but was going too fast to negotiate a curve in the roadway. The car left the

road, struck the hillside, spun out of control and came to rest on the shoulder," she said.

The driver of the first car she had passed stopped to help.



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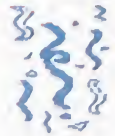
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In Loving Memory Stephen "Lucky" Mosko

By Dahlia Grossman

Conductor/composer/teacher Stephen "Lucky" Mosko, 58, of Green Valley passed away at home on Tuesday, December 6 of unknown causes, according to his wife, Dorothy Stone.

Mosko received a bachelor's degree from Yale University in 1969 and later studied with composer Mel Powell, the founding dean of the CalArts School of Music, and with Morton Subotnick and Leonard Stein.

After earning his master's degree at CalArts, Mosko taught there until his death except for two years when he was on the faculty of Harvard.

He was considered an expert on the folk music of Iceland, having received two senior Fulbright/Hayes fellowships to do research there. He also received a National Endowment for the Arts Composers Fellowship, two Broadcast Music Inc. awards and a Fromm Foundation

award.

He was music director of the 1984 Los Angeles Olympic Arts Festival's Contemporary Music Festival and the 1987 Los Angeles Festival. He also served as music director of the San Francisco Contemporary Music Players and was principal conductor of the Griffin Ensemble of Boston.

Although his list of credits is extensive, he will be remembered most for his warm and generous good nature. He was loved by his students for being an exceptionally inspiring teacher.

Besides his wife, Mosko is survived by his father, Aaron Mosko of Denver, and brother, Martin Mosko of Boulder, Colo.

Memorial contributions can be made to the CalArts Scholarship Fund, California Institute of the Arts, 24700 McBean Parkway, Valencia, CA 91355.

Our condolences to his loved ones.

Bouquet Residents Concerned About Proposed Drug Treatment Center

Letter to the Editor

The Burden of Proof with Regional Planning is:

That the location proposed will

1) Adversely affect the health, peace, comfort or welfare of persons residing or working in the surrounding area, or

2) Be materially detrimental to the use, valuation of property located in the vicinity of the site, or

3) Jeopardize, endanger or otherwise constitute a menace to the public health, safety or general welfare.

So, we need credible, expert letters to the Regional Planning Commission from professional experts such as real estate people and appraisers that property values will be negatively impacted.

Residents and business owners should describe how this drug treatment center will negatively impact their personal lives, businesses and

livelihoods.

What is also important, no matter how Narconon or the Church of Scientology whitewash it, it is drug addicts and prisoners that are solicited by them to "volunteer" to be treated at this facility.

Drug abuse creates mental deficiency.

The medical community does not accept Narconon's treatment methods as valid. Reportedly, former addicts treated at Narconon have gone on the internet to voice how they "hate" Narconon.

Many Narconon treatment centers have failed and are now closed. Narconon, of course, claims high success rates. But they can't verify or prove their claims.

Note that dramatic increases in crime at treatment centers and hospitals are a given.

We are urging everyone to lend their voice or professional opinion as to the detrimental affect this drug treatment facility will have on their safety, peace of mind, gener-

al welfare, property values and damage to business, if applicable, in the area.

It is not hard to imagine when addicts change their minds about wanting treatment (which they do, day-to-day, moment-to-moment) their means of escape from this facility will be to walk or hitch-hike down Bouquet Canyon into Leona Valley, break into homes seeking whatever cash, cars and other things they may need to make good their escape.

And who might get killed, raped or whatever in such a confrontation? How long will it take a sheriff to arrive?

Express your fears and concerns. They are valid. They matter. This is not about environmental issues, water issues, or aesthetics. This is about your "safety," "comfort," "peace," "welfare," "endanger(ment)" and property values (see above 1), 2), 3)).

If you are concerned about the impact of this facility, show up for the public hearing downtown, Department of Regional Planning, 320 West Temple Street, Room 150, Hall of Records, on Wednesday, January 4, 2006, at 9 a.m. to voice your protest.

Note: protests not written in advance or voiced at the hearing may not be legally allowed should this matter wind up in court. That's why you need to submit your protest regarding the CONDITIONAL USE PERMIT # 04-023 and attend the hearing.

All documentation regarding this Conditional Use Permit is on file for anyone's viewing at the Quartz Hill Library.

Sherry Howell

Editor's note: Although the deadline for submission of letters was December 22, you can still attend the hearing.

See related articles, page 1, 3 and 5.



Women's Bible Study Group from Leona Valley Community Church

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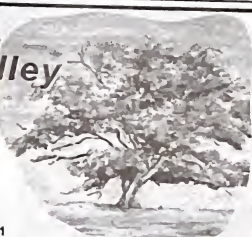


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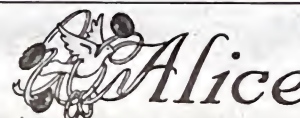
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Santa Comes To Lakes Community Center



Santa arrives with red lights flashing, horns honking & sirens blowing



Lakes queens with Santa



More Photos on Page 40

The Mountain Lion Times

A Newspaper produced and written by students
of Hughes Elizabeth Lakes Union School



Special Student Section Debuts

Welcome to the first edition of *The Mountain Lion Times*, a section written by students of Hughes Elizabeth Lakes Union School.

Students meet once a week after school, and are responsible for conducting interviews, researching and writing the articles.

We want to extend our appreciation to Dahlia Grossman of *The Mountain Yodeler* for allowing the student section to be included in this newspaper.

ENTERTAINMENT— Rose Parade Festivities

By Allison Adams

For the majority of past 117 years, the Pasadena Rose Parade has taken place on January 1. However, since the parade is never held on a Sunday, this year's parade can be seen on Monday, January 2.

Different communities design floats, and then volunteers build them. The entire surface of the float must be covered in



Fourth-grade students sang a patriotic tribute to the troops with their rendition of "Let There Be Peace On Earth."



Students in the sixth grade classes performed "Wonderful World" and the traditional "Twelve Days of HELUS."

New Venue For H.E.L.U.S. Winter Holiday Program

By Hannah Richards

Hughes Elizabeth Lakes Union School moved the location of its annual holiday program last month to The Oaks Campground and Conference Center in Lake Hughes. The pro-

gram was traditionally held on two nights in the school's multi-purpose room.

However, The Oaks recently completed the construction of a new auditorium, Hayford Hall, with a much larger

seating capacity than the school's facility.

"We moved to The Oaks because it seats around 400 people, and there are padded seats instead of metal chairs," said Dean Bentley, H.E.L.U.S. principal.

According to Bentley, the move was a combined decision of the staff and teachers.

"In the past, there were parents standing, and everyone couldn't see," Bentley said.

All grades performed during the two-hour show held December 14. According to Bentley, if this year's program is considered a success, then it will continue to be held at The Oaks.

something natural like plants, flowers, wood or seeds.

The theme for this year's parade is "It's Magical." It will start at Ellis Street in Pasadena, and ends its 5.5 mile journey at Villa Avenue.

The parade can be seen at 9 a.m. on ABC, and will be replayed all day on HGTV. Be sure to watch for the City of

Palmdale's float.

For football fans, the annual Rose Bowl takes place on Wednesday, January 4. It will be shown on ABC at 5 p.m.



Canned Food Drive Sets New Record

By Dulce Jung

More than 2,000 cans were raised during the H.E.L.U.S. annual food drive in November.

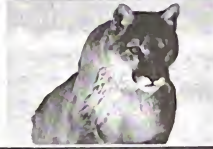
The winning class bringing in the most cans was Ms. Perry's second grade with a total of 323 pounds. Second and third place

went to Mr. Nosik's fifth grade class raising 237.75 pounds and Mr. Kent's eighth grade class bringing in 98 pounds of food. The overall total from all of the classes was 2,143 pounds.

"Wow, that's a lot of
See Food Drive / page 33

The Mountain Lion Times

A Newspaper produced and written by students
of Hughes Elizabeth Lakes Union School



SPORTS



Rugby — A Popular Sport at H.E.L.U.S.

By Amanda Mitchell

What is all of the commotion on the upper field after school on Fridays? It's rugby! Our local team, the Lakes Wildcats, is led by Coach Vincent Smith. Currently, 45 of the 49 members on the Wildcats team are H.E.L.U.S. students.

"Rugby is the second most popular sport in the world," commented Coach Smith.

The object of the game is to advance the ball (which resembles a large football) toward the try zone, similar to

an end zone in football.

A try is worth five points.

Coach Smith's goals are to make sure everybody has fun, is safe, and learns the game properly. He also would like to see more girls play the game, and more parents coach.

"Anyone can play rugby!" Smith added.

More information about the Wildcats can be found on the team's web site at www.geocities.com/avrugby.

Official games begin in January, so watch for game scores and highlights.

Holiday Traditions In The Lakes Area

By Paul Britz

With the holidays behind us, we take a look back at how people traditionally celebrate.

New Leona Valley resident, Ray Mullins said, "I like Christmas because we can share our thankfulness."

"Some people don't realize that the soldiers in

Iraq don't get home for Christmas. They try to make the best of it," said local resident Mark Creamer.

Creamer went to Iraq with his band to play for the troops. "Think about it, being away from your family for Christmas and not getting to celebrate



Tae Kwon Do Classes Move

By Dulce Jung

The Leona Valley Community Center had been the home for Smith's Tae Kwon Do for the past 2 1/2 years. However, the martial arts school now has a new home, Desert Christian Middle School in Lancaster.

"Even though it costs more to rent, the room is bigger and better for sparring," said Master Myron

Smith, owner and sixth degree black belt.

Approximately 40 students are now enrolled. Classes are divided by belt level with the first one for white and yellow belts, a discipline class for orange, green and blue, and a defendant class for high blue through black belts.

Desert Christian School is located near Lancaster Blvd. and 15th St. West.

LET'S CHAT!

Dear Newscats,

I want to get a cell phone, but my parents say I'm too young. A lot of my friends have them. It's not fair. If other kids my age can have cell phones, then why can't I? My parents say they're too expensive, but I say my parents are being too strict. I'm so mad. —Cell Phone Deprived

Dear Cell Phone Deprived,

I understand your feelings. I don't have a cell phone either, and I really want one. Most of my friends have phones too. Since they can get expensive, if you really want one, you could try to work for it. If you can show that you could pay for it, then your parents may change their minds. You can say to yourself, "I earned this phone." —The Newscats

Food Drive / from pg. 32

cans they raised," said Tyla Letourneau, Student Council vice president.

According to the Student Council, who organized the drive, 20 families were helped for Thanksgiving, and enough extra food was left over to help more families for Christmas, and possibly Easter.

In addition to Letourneau, the Student Council includes Bradley Christian as president, Tony Crispin as secretary, Ryan Turner as event coordinator, and Mr. Martinez as treasurer and "head boss."

The Council wants to thank Casey Conemac for all of his help collecting the cans, and the entire student body for making this canned food drive the best ever.

FIRST EDITION STAFF

Advisor - Heidi Gesirich
Editor - Dulce Jung
News Desk - Hannah Richards,
Dulce Jung
Features Desk - Paul Britz,
Hannah Richards
Entertainment - Allison Adams
Sports Desk - Amanda Mitchell,
Dulce Jung
Questions or Advice Column
letters can be mailed to:
P.O. Box 811,
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Lakes election workers (left to right): Rick Bryant, Jan Carlson and Merrie Profit. Grossman photos.

Big Kids' Book Corner: *Whales on Stilts*

By Dawn Baertlein

"On career day Lily visited her dad's work with him and discovered he worked for a mad scientist who wanted to rule the earth through destruction and desolation.

"Up until then life hadn't been very interesting for Lily. There had not been very many mad scientists." So writes, M. T. Anderson in the opening of his novel, *Whales on Stilts*.

If you're a fan of Lemony Snicket and his *A Series of Unfortunate Events*, you'll most likely get a hoot out of *Whales on Stilts*. This book is full of the unexpected, unlikely, and downright implausible, which is exactly what makes it funny.

Shy Lily Gefelty must save the world with the help of her friends, the brave Katie Mulligan and the super dweebish Jasper Dash, boy technonaut.

The fate of the world is entirely in their six young hands — because all of the adults are totally clueless! (How can Lily's dad not be curious about why his boss, Larry, wears a grain sack over his head and douses himself with buckets of sea-

water?)

Lily adores her friends, but she has always felt a bit overshadowed by them. Both are the stars of their own (non-existent in this world) book series. (Fiction within fiction? Yep. Just one of the many notions and non-sequiturs Anderson tosses in to keep the reader laughing.)

Katie's Horror Hollow chronicles her life in a neighborhood "very used to vampires, madmen, flying saucers, and Bigfeet." Jasper's series spotlights his futuristic, if not always functional, inventions.

But enough about them. This is Lily's story. She must come out of her shell and save the world from pedestrian whales that shoot lasers from their eyeballs. She must develop the heroic plan and direct her young friends in executing it.

Can she do it? Will she get her own book series in the process? Read *Whales on Stilts* and find out!

Whales on Stilts can be found in the juvenile section of the library and is rated for ages 9 to 13.

The Mayonnaise Jar and 2 Cups of Coffee

(Author unknown)

When things in your life seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar and the two cups of coffee.

A professor stood before his philosophy class and had some items in front of him. When the class began, he wordlessly picked up a very

large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was.

The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the

sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous "yes."

The professor then produced two cups of coffee from under the table and poured the entire contents into the jar effectively filling the empty space between the sand. The students laughed.

"Now," said the professor as the laughter subsided, "I want you to recognize that this jar represents your life. The golf balls are the important things — your faith, your family, your children, your health, your friends and your favorite passions — and if everything else was lost and only they remained, your life would still be full.

The pebbles are the other things that matter, like your job, your house and your car.

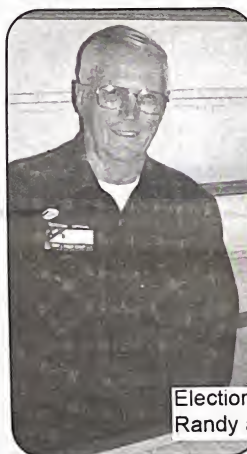
The sand is everything else — the small stuff. "If you put the sand into the jar first," he continued, "there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff you will never have room for the things that are important to you.

"Pay attention to the things that are critical to your happiness. Play with your children. Spend time with your parents. Visit with grandparents. Take time to get medical checkups. Take your spouse out to dinner. Play another 18. There will always be time to clean the house and fix the disposal. Take care of the golf balls first — the things that really matter. Set your priorities. The rest is just sand."

One of the students raised her hand and inquired what the coffee represented.

The professor smiled. "I'm glad you asked. It just goes to show you that no matter how full your life may seem, there's always room for a couple of cups of coffee with a friend."

Submitted by Bev Carlson



Election volunteers
Randy and Pat Lyall



Election workers

Breastfeeding Support, Help and Information Locally and Internationally

By Allaire Koslo, contributing writer

We are fortunate in the Lakes Community to have a gold mine of knowledge and help for something that will add to the health and well being of every woman and her child.

What is it? We have La Leche League leaders: volunteer women who offer mother-to-mother support for breastfeeding. I interviewed the very lovely redhead and mother of three daughters, Jenny Canfield of Three Points. Jenny has been a La Leche League leader for more than five years. I am one of her co-leaders.

Q. Why was it so important for you to breastfeed and help others to do so as well?

A: It was so important for me to breastfeed because I was not breastfed. My mom really wanted to breastfeed me. She had NO help and did not know anyone who was breastfeeding.

No one around her knew how to do it. Her mother did not breastfeed her babies. My grandmother set a bottle of prepared formula on the table every time my mom sat down to nurse me.

The doctor told her to give me formula after every feeding me until her milk came in. Mom got really sore nipples. She was told to stop nursing for four or five days until they healed.

Needless to say, her milk supply was compromised. All that was compounded with the fact that I was born with a diaphragmatic hernia that resulted in my only using one lung to breathe. My digestion was compromised and required major surgery when I was four months old.

Mom was heartbroken and felt like a failure as a mother. She read an article in *Reader's Digest* in 1963 about La Leche League. She wrote to the organization and they wrote her back.

Mom felt like she got her

baby back, even though it was too late to breastfeed me by then.

She went on to successfully breastfeed my brother, then my sister. She learned that sore nipples was not a reason to stop breastfeeding. She learned so much that she became a La Leche League Leader.

Q. How are leaders accredited?

A. They must have breastfed their own baby for at least one year, have undergone education, reading, and writing assignments and more training.

When I started having my babies, I was amazed to discover how much inaccurate information was still out there, how many people still felt there was no difference between human breast milk and artificial infant milk (formula).

I even received inaccurate breastfeeding information from some health care providers.

I began attending La Leche League meetings when I had my first daughter. I became a La Leche leader shortly before the birth of my second daughter.

I wanted to be part of this organization that has helped me, my mother and so many other mothers. I grew up understanding that a baby receives many benefits from his mother's milk. And later, when I became a mom, I learned that a mom receives many benefits as well."

Why is La Leche League so important?

La Leche League International provides a network of mother-to-mother support to women who want to breastfeed.

There was a time when all women grew up seeing other women breastfeed their babies. New mothers had a built-in support system of other mothers in their family and community who were experienced breastfeeding mothers.

Now, oftentimes a new mother has never seen anyone breastfeed a baby. While many women who want to breastfeed educate themselves by reading about childbirth and breastfeeding, it is not the same as talking with an experienced breastfeeding mother.

What do you offer?

On a local level: mother-to-mother support is at the core of what La Leche League has to offer. La Leche League of Antelope Valley has FREE monthly meetings led by accredited leaders and free phone help.

Moms can join La Leche League and receive *New Beginnings*, a bi-monthly publication that is full of mothers' own stories and articles on current breastfeeding issues, working and breastfeeding, toddler issues and more.

Members receive 10% off on books and gifts from the La Leche League International catalogue and have access to the lending library at meetings.

Membership is \$40/year.

Membership is NOT required to attend meetings or receive phone help.

La Leche League of Antelope Valley has a "warm-line" that mothers can call to get the number of the La Leche League Leader taking helping calls. That number is (661) 945-3150.

Currently our meetings are the first Monday of each month at The Palmdale Youth Library at 11 am. The location of meetings changes periodically, so call for current meeting location.

For more information you may call Jenny at (661) 724-0526 or Allaire Koslo at (661) 724-2255. Websites: La Leche League International: www.lalecheleague.org

La Leche League of Antelope Valley website: <http://geocities.com/llofav>

La Leche League of Antelope Valley yahoo meet-

ing announcement group : <http://yahoogroups.com/llofav>

La Leche League International Mission Statement:

Our mission is to help mothers worldwide to breastfeed through mother-to-mother support, encouragement, information, and education and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother.



Jenny Canfield

Book Browser

Bev Crandall, senior staff writer

The Secret Life of Bees by Sue Monk Kidd

What would you do if you were a 14-year-old, raised by a harsh, cruel and unloving father who ultimately accuses you of killing your mother? The mother whom you loved with all your heart and hadn't seen for 10 years?

Lily did the only thing she could, she ran, along with Rosaleen, her outspoken, proud and faithful nanny.

This is a coming-of-age story set in the South in 1964 when the Civil Rights Act had just been passed. Many white folks still didn't favor giving blacks the right to vote, and when the two were accosted by several racist youths, they managed to land in jail.

Rosaleen has to be taken to the hospital's colored section for her injuries, and Lily deviously "springs" her. Now the two fugitives are on the run.

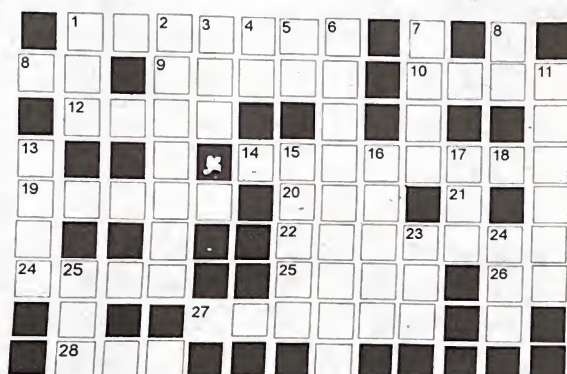
Lily has a picture of a Black Madonna, which her mother had kept, with "Tiburon, N.C." written on the back. Following this meager lead, map in hand, they head across the country in search of Tiburon.

Providentially, Lily sees jars of honey with an identical image to the photo left by her mother and, taking this as a sign, seeks the origin of the honey, hoping to find her mother there.

As Lily searches, her character identifies a need within each of us, a need to be mothered by unselfish love, and Lily becomes forever tucked away in your reader's heart.

The author's pacing is flawless as she weaves her story, and it is obvious why *The Secret Life of Bees* earned its spot on the *New York Times* Best Seller List. Sue Monk Kidd is an author to add to your list of favorites.

Published by Penguin Putnam, Inc., is now in paperback and recommended for the women who have touched your life.



Clues

Across

1. Good food and maybe some music here.
8. Down below
9. Days of Hanukah
10. You can't cut them down.
12. A big smile
14. Leona Valley has a parade for them.
19. E.g., chloroform or ether
20. One (Spanish)
22. Tear apart.
24. A bad singer might get this.
25. Female deer (pl.)
26. I think, therefore I ____
27. To make certain of
28. You can get this at the L.E. golf course.

Down

1. A flashy car
2. Above our heads
3. Family
4. ____ Pop
5. Huh?
6. Physically taxing
7. Provides safety and privacy.
8. Alright
11. A group of body organs that work together to perform a function
13. To punch (slang)
15. 49ers is the birthday celebration for a member of this family.
16. He's in a rodeo.
17. Debt
23. ____ tse fly
24. Some say it's music.
25. Three strikes

If you think you've completed it correctly please mail it to the Yodeler. If your answers are right, your name will be published next month.

If you've created a puzzle, please send it in and we might use it.

Truth or Fiction?

I often get emails from readers with articles about the dangers or the wonders of certain products. Until now, I printed them without verifying the information.

I have now learned how to find out whether there is any truth to these warnings and accolades.

Unfortunately, the article we printed last month about Lemon Fresh Joy Detergent killing mosquitoes has been labeled as a hoax by the website called "truthorfiction.com."

The editor will verify this information in the future.

San Andreas Ain't No Fault of Mine

By Bonnie Stone

San Andreas Ain't No Fault of Mine is a fun and fact-filled guidebook for the Antelope Valley. It's light-hearted title reminds us that we live in earthquake country. But with all that there is to explore you'll never again whine, "there's nothing to do."

This guidebook is filled with history of the first Indians, earlier explorers, aerospace firsts and information about all the movies shot in the Antelope Valley. There are places to go, day trips, a listing of festivals and everything you need to know about the Antelope Valley.

For example, did you know we have

The world's largest wind energy producer – Tehachapi Wind Resource Area

The world's only drive-through view of an earthquake fault – 14 and Ave. S

The world's smallest air show – Great Western Soaring School

The world's most spectacular engineering feat – the Tehachapi Loop

The world's rarest cats – at the Exotic Feline Breeding Compound

The world's oddest "tree" – the Joshua – found only in the high desert

The world's longest running festival – the Wind Festival that begins January

1 and ends December 31

The nation's alternative landing site for the Space Shuttle

The nation's largest, non-game wildlife area – the Desert Tortoise Natural Area, California City

The largest concentration of petroglyphs in the Western Hemisphere – China Lake Navy Base, Ridgecrest

The state's largest open-pit mine – US Borax Mine in Boron

The state's only poppy preserve – Antelope Valley California Poppy Reserve

The fastest road in the West – Willow Springs Raceway

The first and fastest in air and space -- NASA, Edwards AFB and SpaceShipOne

Hollywood's backlot for hundreds of movies

For more information or to order a copy of this book, go to www.bonniestone.com or pick up a copy at the following places:

In Lancaster: Reagan's Hallmark, 2050 W. Ave. J, 945-3445; Mojave Desert Information Center, 43779 15th St. W., 661-951-8646;

Air Force Flight Test Museum, Edwards AFB, 277-8050; Blackbird Airpark, 25th Street East and Rancho Vista Boulevard, Palmdale; or The Apple Shed, 333 E. Tehachapi Blvd., Tehachapi, 823-8333.

THE MOUNTAIN YODELER

Editor/Publisher - Dahlia Grossman

Staff writers/photographers: Lu Bole, Bev Crandall, Norm Judd, Jan Carlson, Al Carlson, Contributing writers: Linda Berg, Dr. Dave Gantenbein, Olkur Mudgeon, Dawn Baertlein

Production: Dahlia Grossman, Al Carlson

Art Editor: Todd Cooper

Advertising: Mark Litman

Proofreading: Lu Bole, Bev Crandall and Dawn Baertlein

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ARTICLES/PHOTOS: Deadline is 15th of the month. Please email to dahlia.grossman@Verizon.net or mail to Box 444, Lake Hughes, CA 93532. To send a fax, call Al Carlson at 724-0141. Articles must be typed in upper and lower case letters. Press releases about your business are free if you advertise in the same issue. Without an ad, press releases and interviews are \$25.

SUBSCRIPTIONS: \$25/year, bulk rate; \$30/year, first class. Send check to Dahlia Grossman, Box 444, Lake Hughes, CA 93532.

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COMPLAINTS: Norm Judd, 478-2842

Answers to December's crossword puzzle.

Congratulations to Roberta Muths who successfully completed it!



a

Improving Our Health Naturally



By Dahlia Grossman

It's a new year and many of us have resolved to improve our diets -- perhaps eliminate coffee, chocolate, or foods high in fat.

It would be wonderful if, as soon as we gave up an unhealthy habit, we felt better. For most of us, however, this is not the way it works.

When we improve our nutritional program, we often experience an uncomfortable period of adjustment. Understanding what happens during this process can help keep us from becoming discouraged and slipping back into unhealthy habits.

There are two ways we can improve our nutritional program. The first is by replacing lower quality foods -- such as those that are refined (white flour, white rice and sugar), and/or contain chemical additives, preservatives or dyes (most packaged foods) -- with foods that supply us with an abundance of vitamins and minerals (fresh fruits and vegetables, nuts and whole grains).

The second way to improve our dietary regime is by eliminating substances that have no food value, such as coffee or chocolate. Both of these steps result in the improvement of our overall nutritional program.

Every cell of our bodies has the innate drive towards self-preservation and, when given the opportunity, will strive to improve our physical condition.

Therefore, when the food and drink taken into the body is of higher quality than the tissues of which the body is made, the body discards the lower grade materials and uses the superior materials to make new and healthier tissue.

This discarding process may appear as congestion, headaches or muscular weakness.

Coffee drinkers, in particular, are prone to headaches when they stop drinking coffee. A substance such as caffeine, which is unusable by the body, is stored in our tissues until the body has an opportunity to discard it.

If we stop drinking coffee, the body removes the caffeine from the tissues and transports it through the bloodstream to be eliminated. As this occurs, we might experience pain -- often felt as a headache.

In most people, the headache will disappear after a few days. At that time, they will start enjoying the benefits of giving up the coffee habit.

Another symptom that may occur soon after improving the diet is a feeling of weakness. To use the example above, as the caffeine is eliminated from the tissues, much of our energy moves from the muscles to the internal organs, where repairs begin to take place.

This energy shift produces a feeling of less energy in the muscles, which the mind interprets as weakness. This is not true weakness, but merely a temporary redirection of energy to the vital organs.

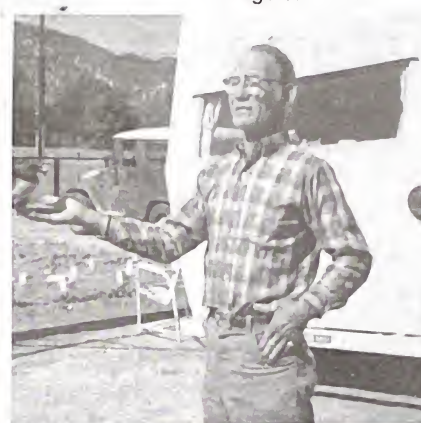
If this feeling of weakness occurs, it is important to conserve energy by resting and sleeping more.

By being patient and allowing the body to complete its restorative work, your strength will soon increase -- and eventually exceed -- what you felt before you began the new program.



It's the Big One for Henry Davis!

Happy 100th birthday to Henry Davis (December 28). Henry and his wife Edith are long-time residents of Green Valley. Photo at upper left is Henry on his 99th birthday at Casa Gutierrez; photo at upper right is Henry in 1972 (as a young man)!



Ask Dr. Dave

By Dr. Dave Gantenbein, with Janice Gantenbein

As I mentioned in November's article, we all need to be aware of what holiday food items are inadvertently left within our dog's reach. Certain of these foods can cause stomach upsets, diarrhea or worse. Grapes and raisins are a big concern.

Until recently, no one really worried about a dog who picked grapes off the vines in their owner's yard. In fact, lots of people used grapes and raisins as low-calorie treats.

Studies now show that this can be harmful, even fatal to a sensitive dog.

No one is really sure what causes the toxicity. Tests have been conducted to determine if it is mycotoxins in the soil or on the grape itself, heavy metals from the soil, the grape skin, or pesticides used that are the culprits. The tests were negative.

Similar testing was conducted upon seedless or seeded grapes and store-bought versus home-grown or vineyard-grown grapes. The testing was still inconclusive.

At this point, it seems that dogs are the only species

affected. Vomiting is one of the first signs that toxicity may be occurring. This may happen only a couple of hours after ingestion.

Other signs which occur after several hours are diarrhea, anorexia, depression, lethargy tremors, and abdominal pain.

Other poison ingestions, such as antifreeze, can cause similar signs, so providing your veterinarian with as much information as possible is key.

Treatment for raisin or grape toxicity will vary depending on the severity of the symptoms, but **treatment is necessary to prevent kidney damage or failure.**

Treatment will involve administering of fluids, monitoring of blood chemistry values and medication.

Prognosis, if treatment is rendered quickly, is good.

Happy Holidays to all and, as always, feel free to contact me with any questions or comments that you may have.

Dr. Dave Gantenbein
A.V. Animal Hospital
1326 W. Ave "N"
Palmdale, CA 93551
661 273-1234

Leona Valley Seeks Queens

Young ladies of Leona Valley: Are you interested in representing your community as Miss, Junior Miss or Little Miss Leona Valley?

If so, please join us for the **mandatory** informational meeting, Sunday, January 15 at the Leona Valley Community Building at the following times:

Little Miss: 1 p.m.

Junior Miss: 3 p.m.

Miss: 4 p.m.

By August 1, 2006, you must be at least 17 years old and not yet 20 years old to enter the Miss Leona Valley Pageant;

By August 1, 2006, you must be at least 11 years old and not yet 15 years old to enter the Junior Miss Leona Valley Pageant;

By August 1, 2006, you must be at least 6 years old and not yet 9 years old to enter the Little Miss Leona Valley Pageant.

Young ladies must bring at least one parent or legal guardian to the January 15 meeting. More information will be provided at that time.

If you have any questions, please call Kim at 992-3610 or Dani at 270-1200 (home) or 496-7562 (cell).

You may also contact the directors at lvqueens@hotmail.com

Letter to the Editor

To the editor:

I'm curious that someone has a confederate flag flying on their front lawn on the west side of Green Valley. The Stars and Bars represent the ways of the old South and is a symbol that definitely offends many people to this day. As we know, our nation fought a bloody civil war, mostly over the issue of slavery. This flag is also a symbol of white supremacy. Is this a symbol we really want here in Green Valley?

Some defenders claim they are keeping up the traditions of the old South. I'm not buying that one. We represent a great value to all the world. Our country is one of

the true examples of the melting pot that includes races from all over. It's not perfect, but it sure beats what's going on in most of the rest of the planet.

I'm very conservative in a lot of ways and liberal in some, but when I walk around our town and come upon this flag, I get angry. I challenge the owners to take it down. Be a man. If you can't get along with certain groups of people then I guess that says a lot about you. But I don't want this symbol of hatred flying in our community. I don't want my kids seeing it.

A concerned resident of Green Valley

Leona Valley to Petition for Separate Zip Code



Leona Valley Postmistress Kelly Kuhlman addressed the LV Town Council in December.

By Dahlia Grossman

Leona Valley Town Council and Kelly Kuhlman, the town's new postmistress, are committed to improving the quality of local mail delivery.

"Every day, I get bundles of mail that don't belong to us," said Kelly. "Sometimes I send back the same mail to Palmdale four or five times," she told residents attending

the December 11 town council meeting.

Worse than that is the fact that mail addressed to Leona Valley residents is often returned to the sender because some employees of the Palmdale post office don't know where Leona Valley is.

The main source of the confusion is that Leona Valley shares a zip code with Palmdale: 93551. In addition, some of the post office box numbers are shared by Leona Valley and Palmdale.

Kelly advised the council that a petition will be needed to start the ball rolling towards getting a separate zip code. "I'll find out who to take it to," she said. In the meantime, councilman Terry Kenney made a suggestion that residents might want to try: give both your street address and post office box number to all those who will be sending you mail.

Kelly agreed that this would probably help. "It's not a guarantee," said Kelly, "but it gives us more of a chance."



Photos: Cassie received flowers after her performance with AV Children's Choir (below).

LV Girl Headed to Carnegie Hall

Cassie Cook of Leona Valley is one of the talented children who sings with the Antelope Valley Children's Choir.

The choir recently performed the Polar Express with the Tehachapi orchestra (a 20+ minute piece) as well as a Charlie Brown Christmas.

Many of the choir members will be going to New York to sing at Carnegie Hall. "It looks like they will be the opening act for the main stage," said Cassie's mom, Alexis Upton-Knittle. "They are looking for sponsors to help with some of the costs."

For more information, visit <http://www.antelopevalleychildrenschoir.org/4436.html>



WEATHER OR NOT?

Weather data for Elizabeth Lake area (Elevation 3450 ft.)

By Tom Kaucher

NOVEMBER 2005

Temperature

High-73° on 11-14 Low- 29° on 11-28
Average High-64.1° Average Low-40.3°
Average Temperature- 52.2°
Lowest High- 49° on 11-27
Highest Low- 52° on 11-2

Precipitation

Precipitation- 0.06" (1.71" below ave., 0.19" below last year)
Seasonal precip. (7-1-04 to 11-30-05)- 3.61" (.41" above ave., 4.26 below last year)
Snowfall- .00" Last year- 0.10"

Outlook for January 2006

January can bring numerous storms with a potential for good snowfall. Daytime highs will range from the low 40s to high 50s. The overnight lows will range from the high teens to the high 30s.

January Averages and Records

Temperature

High- 73° in 1999
Low- 10° in 1977
Average High-51.6°
Average Low- 32.0°
Average Temperature- 41.8°

Precipitation

Average Precipitation- 5.19"
2005 Precipitation- 18.86"
Greatest Precipitation- 18.86 in 2005
Average Snowfall- 4.0"
2005 Snowfall- 2.25"

(Averages and records only depict data since 1976)

Did you know?

The snowiest city in the United States is Stampede Pass, Washington, with an average snowfall of 440.3 inches annually.

Our Beautiful Back Country

By Al Carlson, staff writer

One of the many benefits we have living in the Lakes area is the access to Angeles National Forest.

If you enjoy the peace and tranquility of being out among the oak & pine trees and taking in the spectacular views, then pack a lunch &

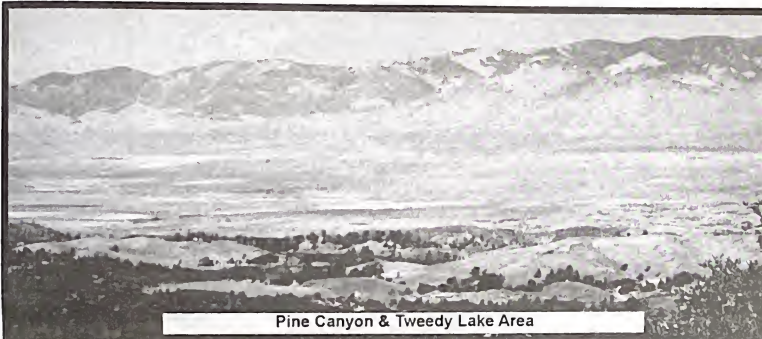
drive up to Sawmill Mountain.

If you have a vehicle with fairly high road clearance, it doesn't have to be four-wheel drive, then you have the means to enjoy the drive.

(I wouldn't attempt it in my wife's Mustang.) Also, don't go in rainy or snowy weather without four-wheel drive.

Be sure you have a USFS Adventure Pass which you can purchase at Papa's Store. "Google Earth" is a good source for maps of the area.

The following pictures will give you an idea of what awaits you.



Pine Canyon & Tweedy Lake Area



View along Forest Road 7n23



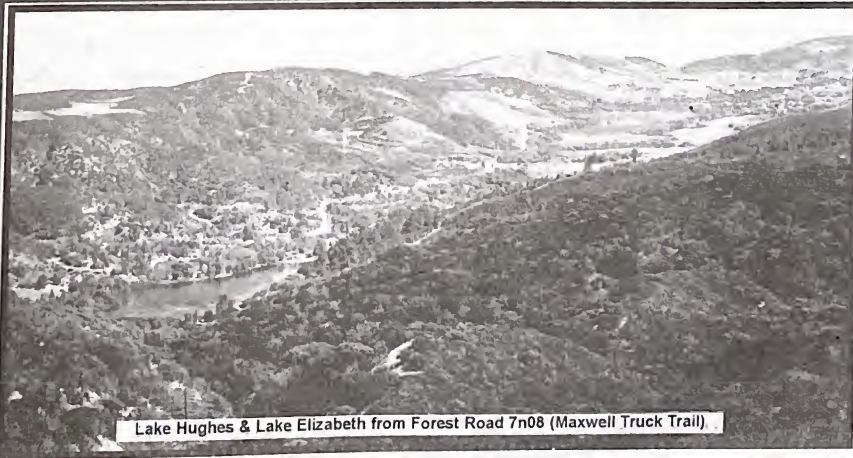
Looking North from Sawmill Mountain



Looking down on Atmore Meadows



Waterfall at Atmore Meadows



Lake Hughes & Lake Elizabeth from Forest Road 7n08 (Maxwell Truck Trail)

Santa Comes To Lakes Community Center (cont. from page 31)



Girls lead gathering in Christmas Carols



The Organizers with Santa

CHP REPORT

By Dahlia Grossman
Hit and Run (2)

The CHP has recommended that the district attorney file charges in a solo vehicle hit and run accident that occurred on November 11 at an unknown time.

According to CHP Lt. Andrea Witmer, a 1991 Toyota Corolla was abandoned on Elizabeth Lake Road 2.5 miles east of San Francisquito Canyon Road after hitting two fences.

The report stated that the driver allowed the vehicle to drift to the left across the eastbound lane, where it struck a chain link fence and a three-rail fence on Peterson Ranch.

The investigation revealed that the driver was 26-year-old Jordan Lezama, who told CHP that he had fallen asleep at the wheel.

An unknown vehicle destroyed 55 feet of chain link fence and six posts owned by Maurice Felty of Pine Canyon Road, according to the CHP.

The accident occurred on December 7 about .5 mile north of Lake Hughes Road. If you have information about this accident, please call the CHP office at 948-8541.

Rollovers (3)

A Palmdale man suffered minor injuries when his 2000 Nissan Xterra rolled over on Bouquet Canyon Road 2.5 miles south of Elizabeth Lake Road at 7:15 p.m. on November 23.

According to the CHP report, Randy Phares, 37, was driving north on Bouquet when he lost control of his vehicle while trying to negotiate a curve in the road. The vehicle struck the dirt, overturned and landed on its roof.

An Oxnard man escaped injury when he rolled his 2002 Ford Pickup on Bouquet Canyon Road 2.5 miles south of Elizabeth Lake Road at 4 p.m. on November 14.

According to the CHP

report, Jesse Hernandez, 45, was going north on Bouquet at about 45 mph when the accident occurred. Hernandez told the CHP that another vehicle crossed the double yellow line into his lane, causing him to swerve to the right and hit the dirt shoulder.

The report stated that he then lost control, went across both lanes, hit a dirt embankment and rolled over.

A 53-year-old L.A. man overturned his 1990 Chevy Asiro on San Francisquito Canyon Road a half mile south of Elizabeth Lake Road at 6 p.m. on November 24. According to the CHP report, John Decker was driving north on San Fran at about 40 mph when he struck a hillside and overturned his vehicle.

"He claimed that a dark-colored truck passed him and pulled back into his lane directly in front of him," said Lt. Witmer. The CHP was unable to substantiate the story.

The driver was not injured.
DUI (1)

A Lake Hughes man was taken to Holy Cross Hospital with minor injuries after his 2004 Dodge pickup overturned on Johnson Road 2/10 mile north of Limeridge at 1:55 p.m. on November 27.

According to the CHP report, John Schlau, 51, was driving southbound on Johnson at a minimum of 55 mph when the mishap occurred.

"Due to his intoxication, he lost control in the curves, skipped across the roadway and up a steep embankment," said Lt. Witmer. "The vehicle rolled all the way over and came to rest on its wheels," she said.

The driver was arrested for driving under the influence.

Other (3)

A Lancaster woman escaped injury when her vehicle struck a guard rail on

Godde Hill south of Hacienda Ranch at 5:45 p.m. on November 19.

According to Lt. Witmer, Gricelda Serna, 36, was driving north on Godde Hill Road at about 40 mph in a 2005 Chevy pickup when the accident occurred. "She was unable to negotiate the curve in the roadway and struck a guard rail," said Lt. Witmer.

The vehicle sustained moderate right-front damage.

A Lake Hughes man escaped injury when he lost control of his vehicle on Elizabeth Lake Road three miles west of 90th Street West.

According to the CHP report, Jeff Hares, 44, was going west on Elizabeth Lake Road at 10:30 p.m. on December 9 when he swerved to avoid hitting an animal.

"The vehicle drifted onto the dirt shoulder, the driver tried to correct, lost control, crossed all lanes, drove through two barbed wire fences and ended up in a dirt field," said Witmer.

His vehicle, a 1994 Chevy S10, sustained left-side damage.

Two Leona Valley drivers blinded by the setting sun collided on Godde Hill Road .5 mile north of Elizabeth Lake Road at 7 a.m. on November 30.

Colin Dubel, 17, was driving a 2000 GMC pickup and Douglas Dix, 54, was in a 1996 Lexus at the time of the collision.

According to Lt. Witmer, both vehicles were travelling northbound on Godde, with Dix in front of Dubel. The report stated that Dix slowed to 10-15 mph and Dubel (behind him) slowed to 30-40 mph, causing the rear-end collision. "Dubel braked but couldn't stop fast enough," said Witmer.

No one was injured, but the Lexus sustained major rear-end damage and the truck had minor front-end damage.

Each day a HELUS child gets to take home the school teddy bear. Here's Gillian Chatfelter on her lucky day.

Lake Hughes to Get Fire Hydrants

Originally printed
September 1, 2004

By Norm Judd, staff writer

Less than a month after a major fire threatened Lake Hughes, California Water Service has declared that it will upgrade the town's water mains and hydrant system.

"The project to replace water mains and install fire hydrants in Lake Hughes is definitely budgeted, but has been delayed from July and August until the last quarter of 2004," said Chris Whitley, local manager for California Water Service.

"Hopefully the new starting date will be met," he said.

Although the plan originally called for replacement of 1500 feet of the old steel main with new six-inch pvc and six hydrants, because of an emergency in Lancaster, that has now been reduced to 1500 feet of main and four hydrants, according to Jose Ojeda, superintendent.

Ojeda said the new line

will start at the top of Newview and come down the hill into the west end of Lake Hughes.

"We will budget each year until the entire main line has been replaced," said Ojeda.

Whitley said he regrets the delay and reduction, but explained that unforeseen emergencies must be handled ahead of scheduled work and there is limited money available. "Only \$70,000 of the original \$90,000 allotted for the (Lake Hughes) project will be available," he said.

Lakes Town Council President Roger Gillen, who has been working diligently to get this project completed said, "The delay and reduction are understandable. I know California Water Service personnel are doing their best for us. It is encouraging that some of our water needs will be met this year."



The Lakes Wildcats with their coaches.
Photo by Norm Judd.



Lakes Rugby Teams Ready for Another Great Season

By Norm Judd
senior staff writer

Dozens of exuberant Lakes Rugby Wildcats, coaches and parents gathered at HELUS on Saturday, December 10 in perfect weather for team and group photos and a Parents vs. Wildcats game. (The kids took it easy on the old folks, but easily won the game.)

Director and head coach Vince Smith directed activities and took time out to tell The Mountain Yodeler of the phenomenal success of their 2005 season: "In the state competition our under-10 team took first, undefeated! Our under-12 players took first, with a 12-2 record! Our under-15 boys team took 3rd with a 12-6 record!"

"We rallied a lot of kids for such a small community," said Vince with pride. "Some much larger communities have much smaller teams. I credit the coaches and parents for the success of the Wildcats. We are well recognized and I was interviewed by Brian Vizard of the U.S. Eagles National Team for a story in their newsletter."

Photos:

#1 - All teams with coaches.

#2- Under 8 team with coaches Susan and Jocelyn Smith.
#3- Under 12 team with coach Andy Smith

Judd photos.

More photos, next month.

Car Thief Foiled

By Norm Judd
senior staff writer

An apparent car thief failed to start a Toyota at a home on Chiptree in Lake Elizabeth during the night of November 29.

Resident Deputy Bill Axelrod said, "The thief ransacked the car and removed part of the dash but apparently couldn't get the Forerunner started. Only a diabetic blood tester was stolen."

Axelrod added, "Car thefts seldom happen here in The Lakes. If anyone has information about this attempt please contact the Sheriff's Dept. at 267-4300."



The Way I See It!

We Need Stout Hearted Men!

An opinion by Norm Judd

Years ago singer John Raitt performed *Stout Hearted Men*. "Give me some men who are stout-hearted men, who will fight for the rights they adore — then there's nothing in this world can halt or mar a plan."

Call them heroes or leaders, strong men (and women) get the job done! Like the local man who jumped into Lake Elizabeth to pull a drowning kid out of a car; like our bold law enforcement officers and firemen who take charge of chaos. And especially our volunteer military who are fighting terrorism.

These aren't weak-willed critics standing comfortably on the sidelines. They stand tall each day against crime and disorder; weeding out corruption, dealing with vital international affairs, and sometimes using and absorbing physical force in order to protect us.

In sharp contrast, author Father John Dear faint-heartedly suggests appeasement, love, and generosity toward those who would destroy us.

Dear admittedly doesn't have a clue how he would have stopped homicidal Mohammed Bouyeri from stabbing and shooting film director Theo Van Geogh in Amsterdam in November 2004 over philosophic differences of opinion. Nor can he say how to deal with dynamite-clad homicidal terrorists in Iraq.

Father Dear is like the conscience-stricken critics of the interment of Japanese-Americans after Japan's deadly sneak-attack in 1941. In their consistent zeal to blame America they see that tough decision by FDR only as a horrendous civil rights injustice.

Either intellectual dishonesty or the filter of time insulates them from the gripping fear Americans had of sabotage and defeat by Japan. Had that ilk been leading our nation during WWII, we would now be speaking Japanese!

Did you notice that Hanoi Jane Fonda's apologies for her disgraceful conduct during Viet Nam only lasted until her entertainment and exercise video profits increased? She and her rich and famous Hollywood friends, along with a few bizarre politicians and the likes of Cindy Sheehan are encouraging our enemies against America.

Perhaps they will be shocked into reality by the 403 to 3 bipartisan defeat of the November "cut and run" Iraq resolution in the U.S. House of Representatives.

Lt. General Russell Honore, U.S. Army Disaster Coordinator, is a hero for his decisive leadership amid the suffering and destruction after Hurricane Katrina.

Another is Lance Corporal Billy Joe Poppe, who is about to go overseas again. He recently called to thank Jan Carlson of Lake Elizabeth for the gifts and mail she and her friends have so generously sent to our military in Iraq.

Here in California Governor Swartzenegger referred to weak-willed politicians in Sacramento as "girlie-men." He seemed determined to fix our financial dilemma but was thwarted when the self-interests of too many voters were affected.

How he rebounds, and his clemency decision concerning four-time killer Tookie Williams will determine to my satisfaction whether he is the "Terminator" or just another "girlie-man" seeking re-election.

However we may disagree politically, most Americans deplore violence and are compassionate and charitable toward those who appreciate our goodwill. But the idea that we can hug or buy off our committed enemies is weak and suicidal!

When defending our very existence from terrorists or the likes of Tookie Williams, its time to unite behind Stout Hearted Men! And That's The Way I See It!



Tae Kwon Do Class Brings Home the Gold

Congratulations to the following members of Smith's Tae Kwon Do, who won medals in recent tournaments: Back row (left to right): Cody Human, Instructor Michele Smith, Enk Kautz, Nicholas Chatfelter, Ryley Simcox, Dani Benjamin, Teri Benjamin, Jake Burroughs, Paul Addington, Ryan Crist, Master Smith; Front row (left to right): Steven Reynolds, Cherokee Taylor, Connor Smith. Photo: Dahlia Grossman

In Loving Memory: Craig Caldwell

By Norm Judd, staff writer

Craig Austin Caldwell, 45, a native of The Lakes, passed away November 20, 2005.

Craig was the son of Bob and Lynn Caldwell of Lake Hughes. He and Crystal, the love of his life for 24 years, lived in Lake Elizabeth with their son Garrett, 5, and daughter Taylor, 4. Craig's sister, Kimber Carrisalez lives in Lake Hughes.

Craig grew up here and attended HELUS and Antelope Valley High School, and worked in construction until he opened the Spa Shop in Lancaster 21 years ago. Crystal, Lynn and Kimber will continue to operate the business.

"When he wasn't working Craig loved playing T-ball with Garrett and took Taylor with him everywhere. He was an avid surfer, enjoyed working on his red, white, and blue Rambler "hotrod," and traveling with his family around the western states, and to Mexico and Hawaii," said Crystal.

Craig's mother, Lynn, reminisced, "Lake Hughes in the old days was perfect when Craig was growing up.

"I loved watching him water ski at age 6, and walk to the bus stop with his dog." Lynn added, "Craig was a wonderful father! He was at his best when he was rolling around on the floor playing with his kids."

Those who went to The Spa Shop always found Craig knowledgeable and helpful and he became close friends with most of his regular customers and co-workers.

Saint Elizabeth Mission Church in Lake Elizabeth was full November 28 for a Mass of the Resurrection, followed by interment at Good Shepherd Catholic Cemetery.

Craig Caldwell will be missed, but fondly remembered, by his extended family and many friends.

Donations may be sent for Garrett and Taylor Caldwell in care of Crystal Caldwell at the Spa Shop, 1859 W. Ave. J, Lancaster.

"The Caldwell family would like to thank everyone for your support during this difficult time. It was comforting to know you were there for us," Crystal, Lynn and Kimber.



Craig Austin Caldwell

From the Caldwell Family

God has blessed our family with a wealth of wonderful friends.

Our hearts are full of your hugs and prayers.

It humbles us to know all the good people who responded to our loss and sorrow.

We will fill our days with memories of Craig while storming heaven with our prayers.

Thank you God for all of those who care.

Sertoma Celebrates Christmas

By Bev Crandall
senior staff writer

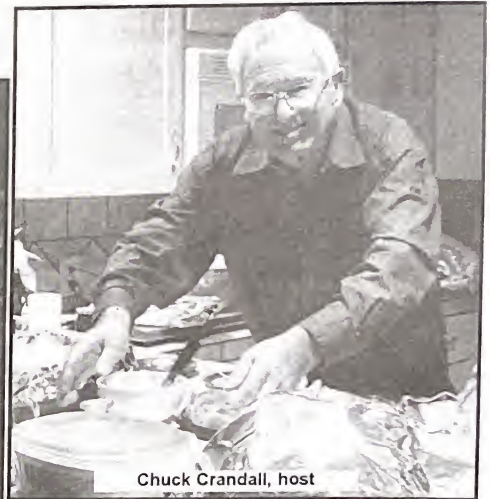
December 2 found 40 members of the local chapter of Sertoma welcoming the Christmas season with a dinner party at the home of Chuck and Bev Crandall.

Sertoma is busy all year offering aid to many of the needs in our community as well as providing scholarships for graduates of schools in our area.

(See Photos)
Crandall photos.



Convivial Bunch



Chuck Crandall, host



Duke & Bunny Smith



After the Feast



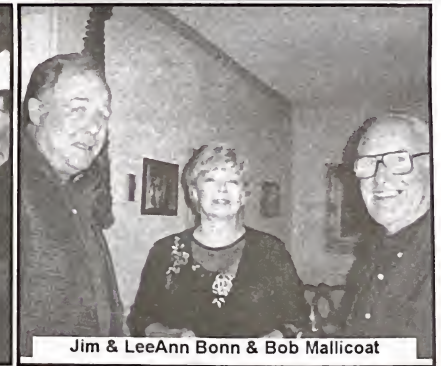
Sertoman of the Year Bev Brownfield



John & Peggy Wyly received the "Service to Mankind" Award.



Tom Smith calls for attention



Jim & LeeAnn Bonn & Bob Mallicoat



Gals sampling goodies



Having fun with packages



Good Friends Celebrate

Fire Safe Council: Who Are We?

The Angeles Forest Valleys & Lakes Fire Safe Council was formed after the devastating summer fires of 2002 by members of the community who saw a need to help make and keep our communities FIRE SAFE.

Our main objective is to provide emergency situation guidance, services and information in a variety of ways for the communities of Leona Valley, Green Valley, Lake Hughes/Lake Elizabeth and Pine Canyon.

What is a Fire Safe Council?

Fire safe councils are a coalition of public and private sector organizations that share a common, vested interest in reducing losses from wildfire.

We join over 90 other fire safe councils as part of a statewide program whose mission is "to preserve and enhance California's man-made and natural resources by providing leadership and support that mobilizes all Californians to protect their homes, communities and environment from wildfires."

This mission is being fulfilled through the combined expertise, resources and distribution channels of fire safe council members.

Fire safe councils have united their diverse membership to speak with one voice about fire safety. The councils have distributed fire prevention education materials to industry leaders and their constituents, evaluated legislation pertaining to fire safety and empowered grassroots organizations to spearhead fire safety programs.

What does my fire safe council do?

It never stops working towards preparing us as much as possible in the event of any kind of emergency.

It set up and maintains emergency sites and emergency site teams.

It sets up and monitors

evacuation teams to assist the elderly and/or disabled and large and small animals. Many of our members are CERT trained.

We maintain communications with other agencies, USFS, county and volunteer fire departments, L.A. County Sheriffs Dept., Highway Patrol, Red Cross and FEMA and offer assistance where needed.

We provide fire safety and disaster awareness through public meetings with guest speakers, flyers, brochures and safety related events. We are a resource for information during emergencies and non-emergencies. We provide and maintain community emergency bins containing many kinds of emergency supplies and equipment.

We also have a non-profit brush clearance program that provides low and no cost brush clearance, including weed eating and hazard brush removal, tree trimming (especially limbs that may be hanging over your roof or power lines) and in some circumstances removal of dead trees.

We recycle biomass and offer firewood for sale.

If there is an area of brush clearance concern in your neighborhood, you can notify local enforcement depending on your area. We can provide you with that information.

What we can't do:

Brush clearance in areas outside the project areas and in the national forest.

Convince everyone that what we are doing is a good thing.

Make or force everyone to make their homes fire safe.

Enter a property without the consent of the property owner.

What can you do?

Sit on the couch and do nothing.

All that you can be prepared in an emergency.

Allow us to assist with your brush clearance and

other emergency needs.

Volunteers are always needed and greatly appreciated as well as donations of all kind of items that we store in the community emergency bins.

How can I hang out with these wonderful people and who are they?

We meet on the first Wednesday of each month, alternating between Leona Valley and Green Valley.

Your current board members are:

President, Florence Bistline, 270-0510

Vice president/treasurer, Betty Young, 270-9911

Secretary, Laura (Cha) Vernetti, 270-9235

Leona Valley representative, Al Glodan

Lakes representative, Tanya Cash

We are currently seeking an activity chairperson and representatives for Green Valley and Pine Canyon.

We are a non-profit organization and have status (501(c)(3)) from the IRS; all donations are tax deductible.

For further information on our many programs please contact Betty Young at (661) 270-9911, AFV&L Fire Safe Council, 15444 Spunky Canyon Road, PMB 836, Green Valley, CA 91390 or visit our website: <http://www.firesafecouncil.org>

Bible Study Invites You

Women's Bible Study meets on Thursday mornings from 9:15-11:30 at the Leona Valley Community Church.

This is a visitor-friendly group of Christian women of all ages, currently discussing *Living Beyond Yourself* by Beth Moore.

Anne Bright leads the weekly gathering, refreshments are served and prayer concerns are shared.

Attendance is not limited to LVCC members.

Community Center Ends Busy Year

By Tom Joynt, president

As 2005 draws to a close, I want to thank all the people who chose to be involved in our community center and its activities. We had a fruitful year in serving the community with our building and grounds. Both Johnson Hall and the Community Center Hall got lots of use during the year and it is my goal to keep the improvements and much needed maintenance going as we roll into 2006.

The visit from Santa on December 10 was a lot of fun for young and old. I was impressed with the enthusiasm of the crowd when the Lake Hughes fire truck drove up to the Center with Santa on board. The happy mob ran to the windows and then out the front door to greet our jolly visitor. No shyness here as Santa was surrounded by his admirers.

See photos, pages 31 and 40.

On December 19, the judges for home holiday decorations will chose first, second, and third place winners in our Lakes area. This LCC sponsored event awarded cash prizes to winners. Thanks go to honorary mayor Micky Palmer for orchestrating this contest. I'm glad our "mayor" has her finger on the pulse of the community!

Lastly, don't forget to be at the Lakes Community Center on Sunday evening, January 1, 2006 for the Christmas Tree bon fire. There will be lots of food and beverage. It's a great time to declare your new year's resolutions. We'll all be there waiting to hear what you are planning for 2006. My resolution is.....(see me on Jan. 1 and I'll let you know!)

Happy New Year from the Lakes Community Center.

Raising Healthy Children

By Dr. Allan Immerman
Reprinted with permission from *Health Unlimited*.

How can you assure safe nutrition for your children?

For the first six months of life nature provides a perfect food: human breast milk. This should be the only food for at least the first four months. For the remainder of the first year of life breast milk should be used to the greatest extent possible. Breast milk is nutritious enough to serve as the only food for the first year.

For many years doctors thought that cow's milk was a good substitute for human milk. But scientific studies have proven otherwise. Human milk has many unique properties.

In contrast to cow's milk, human milk contains a growth factor that helps the intestines mature properly. Normal maturation improves the ability of the intestines to process food.

It also helps the intestines block absorption of unwanted substances. This reduces the chance of allergies in later

life.

Other factors found only in human milk reduce the risk of infectious diseases. Because of these factors, breast-fed babies have far fewer respiratory and gastrointestinal infections.

The fat in human milk is more completely digested than the fat in cow's milk. This is because human milk contains the enzymes needed to digest fat.

Human milk is higher in cholesterol than is cow's milk. The higher level of cholesterol is thought to stimulate the body's mechanisms for dealing with cholesterol. Therefore, in later life a person who was breast-fed will be better able to maintain a lower blood cholesterol level.

Obesity in adults is a serious problem since it contributes to the formation of many diseases, such as diabetes and heart disease. Breast-fed infants have a lower risk of becoming obese

See Healthy Children, pg. 46



Raising Healthy Children from p. 45

and developing these diseases in adult life.

Breast milk, but not cow's milk, contains the amino acid taurine. This chemical is needed for normal maturation of the nervous system. A deficiency of taurine may lead to a lower IQ in adult life.

It is clear from the above that human breast milk is the ideal food for infants. Therefore, it should be used for at least one year. It is healthful to breast-feed even longer.

Occasionally, circumstances make the use of breast milk impossible. Such is the case with adopted babies. If breast milk cannot be used, the best substitute is soy-based formula. Even though breast milk is the ideal, babies fed soy formula can develop normally and be healthy.

Solid foods can be introduced as early as four months. Each infant is different, so the exact timing can vary. When an infant express-

es interest in the food his family is eating, he is usually ready for solid foods.

The first foods should be blended or mashed fruits and vegetables. Unsweetened apple sauce, mashed bananas, blended steamed peas or yams, mashed avocado, blended melons, and other such foods are excellent for a start. It is best to introduce only one new food every three days to monitor for allergies.

After a few weeks on fruits and vegetables, cereals may be introduced. It is best to start with oats, rice, and corn. Wheat and rye should not be used until at least six months of age because they cause more allergy problems. To prepare these cereals, cook whole oatmeal and brown rice, then blend. Or buy puffed brown rice and puffed corn, then blend. Mix with expressed breast milk or fruit juice. Always used a three-to-one ratio of fruits and/or vegetables to cereals.

As the months pass and the infant drinks less breast milk, the need for solid foods will increase. After the age of six months, begin to use high protein foods such as tofu, nuts, nut butters, seeds, seed butters, beans, and split peas. Begin with about three tablespoons per day, and increase to ten per day at three years of age. Many of these foods will require blending (in a blender) in the beginning. Dried fruit spreads are good and can be made by blending dried fruit, like peaches with water.

If the family chooses a non-vegetarian diet, small amounts of fish and chicken can be used as high protein foods.

In a strict vegetarian diet which includes no meats, fish, dairy products, or eggs, deficiencies are unlikely. The most common ones are of calories, zinc, and vitamin D.

On a diet which is not excessive in protein, calcium needs are easily met. Vitamin B12 is produced by intestinal bacteria, therefore this nutri-

HELUS Holds Disaster Day

"Don't be scared. Be prepared" was the theme for a very special day at the Hughes Elizabeth Lakes Union School's "Disaster Day" on December 13, 2005.

The event was inspired by the Angeles Forest Valleys & Lakes' Firefighter Appreciation and Disaster Awareness Day last August.

After attending the August event, Leann Sekeres of the HELUS PTA approached the Fire Safe Council about having a mini version of the event at the school.

The idea of the event was that the more students know about safety, the safer they will be. Assuring words came from the many participants.

People from safety and disaster fields addressed HELUS students about what kind of things they do for people and what can be done at home.

The American Red Cross explained how they come to a disaster area and help

ent is rarely a concern.

The calorie need can be met by eating plenty of fruits, dried fruit spreads, nuts and seeds and their butters, and avocados. Zinc is found in beans, nuts, seeds, and tofu. Vitamin D can be formed by the skin when it is exposed to moderate amounts of sunlight.

It is best to have your baby's diet supervised by a knowledgeable doctor. In this way you can be sure that the diet is nutritionally complete.

If symptoms of illness develop in your child at any time, see your doctor. But remember certain general rules: when your child is sick and does not want to eat, don't force him. When illness occurs, it is best to feed a light diet of fruits and vegetables or to skip a few meals altogether. This type of approach in illness is of great help in cases of recurrent ear infections, asthma, chronic colds, and allergies.

You will notice that cow's See Healthy Children, p. 47

feed the families that are displaced by a disaster. Students were allowed to go in and check things out in their truck.

Local Fire Station 78 spoke about what they do. The students seem to really enjoy the blare of the sirens. Younger students were allowed to walk through the fire engine.

USFS Forest Rangers equally delighted students by blaring their sirens. Goodies were given to the students by the Fire Department and the USFS.

The A M R ambulance and crew explained what they do, but had to leave to assist at a real emergency.

Angeles Forest Valleys and Lakes Fire Safe Council president Flo Bistline addressed students, explaining a little about what the fire safe council does and what they could do at home. FSC informational handouts were given to students to take home so their families could also be informed.

Keeping the message optimistic: "Don't be scared. Be prepared" had a positive impact on students. HELUS principal, staff and students were pleased with the outcome of the event.

A big thanks to all the participants and to the Angeles Forest Valleys and Lakes Fire Safe Council, with special efforts from Florence Bistline and Betty Young for making it all happen.

Photos: Laura Vernetti

Fire Council to Meet in GV

The Fire Safe Council will meet January 4 in Green Valley's Community Building at 7 p.m.

There's no cost to join and don't be afraid to ask questions. Someone there will have the answer that may just save your life and that of your loved ones, two- and four-footed!

Golf Course Hosts Christmas Open House

Bev Crandall, senior staff writer

Members of the Elizabeth Lake Golf and Ranch Club were invited to a Christmas Open House on Sunday, Dec. 11. Santa was surprise guest of honor as youngsters lined up to sit on his lap and give him their requests. (See Photos)

Crafts were offered for children to make and take home, and a delicious buffet was provided by hosts Brett and Jody Robinson.

The club tries to provide special parties for members, from picnics and swim parties in the summer to festivities during the holiday season. Golfers play the course all year and additional amenities are promised for the near future. (See update in the February Yodeler.)

Photos: Bev Crandall.



Santa takes wish lists.



Kids' crafts



Golf and Ranch Club owners Brett and Jody Robinson with Santa.



Jody's mother taught cupcake making.



Chuck Crandall and the Wejbe family with Santa.



Santa with girls.



Healthy Children, from p. 46

milk products have not been recommended for use by infants and children. Since cow's milk has been designed by nature only for baby cows, it is unnecessary and often unhealthful for human beings.

Protein and calcium needs can easily be met without it. The only appropriate milk for babies is human milk. After weaning no milk of any type is needed.

After the first year or two of life children begin to develop food desires of their own. These desires may include fast food hamburgers, ice cream, cookies, etc. Should parents prohibit all such foods? Or should the child be allowed to eat whatever he wants?

A careful balance must be achieved. Even though junk foods are unhealthful, strict prohibition may cause a child to rebound in the other direction and eat only junk foods when he has more control over his diet.

But a diet exclusively of junk foods is obviously unacceptable. A workable compromise, is to use sweets and other fun foods only for birthdays and holidays.

Raising children is a joy. When you feed your child your child healthfully he will develop into a strong and vigorous adult. Following the recommendations above will get your child off to a good start.

Left: Chuck Crandall, Merrie Profitt and the Wejbes.

IS **RALLY** **THE BEST?** **BOY I GUESS!**

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CHEVROLET
AN AMERICAN REVOLUTION

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